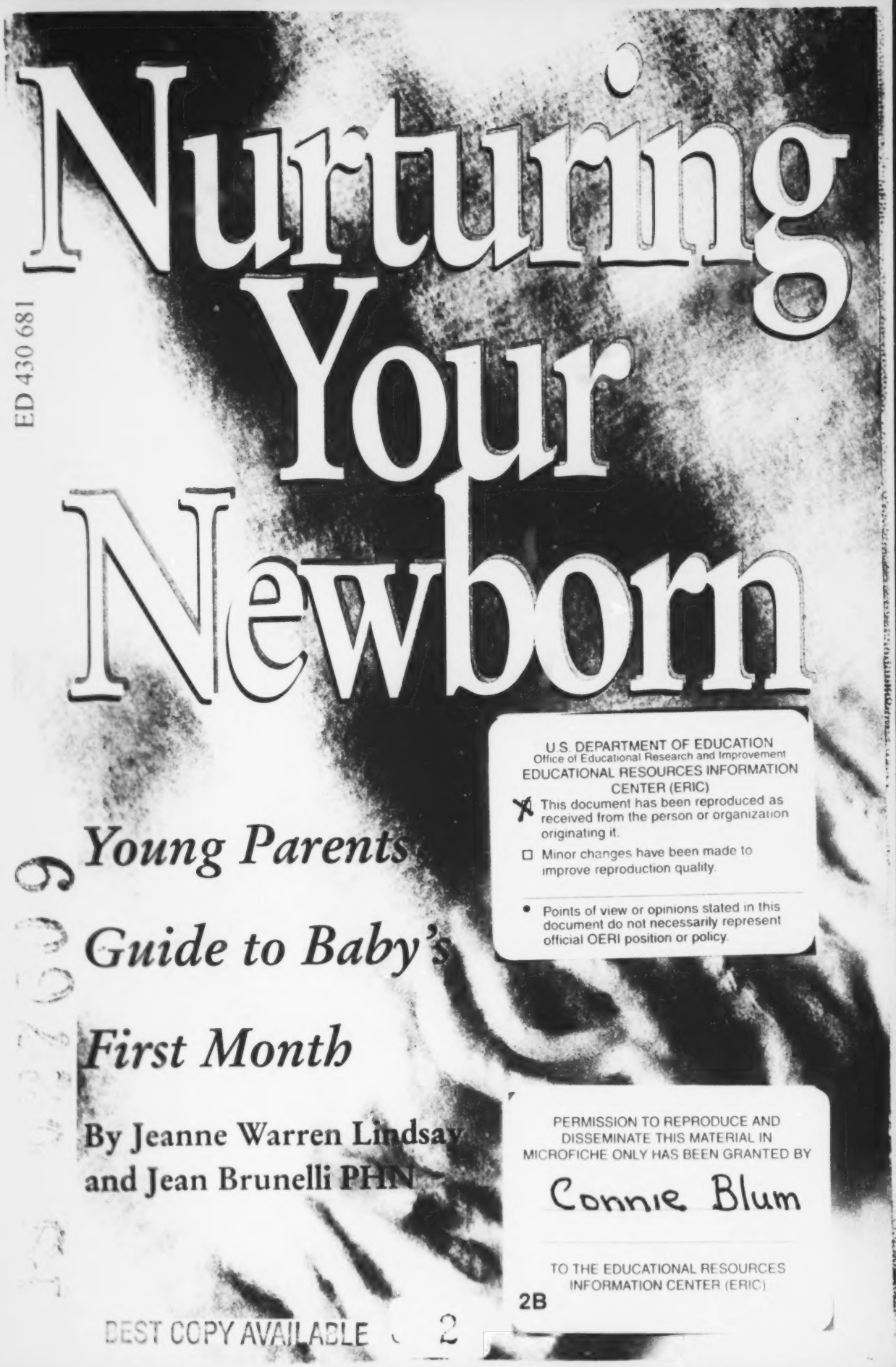
DOCUMENT RESUME

ED 430 681 PS 027 609

AUTHOR Lindsay, Jeanne Warren; Brunelli, Jean
TITLE Nurturing Your Newborn: Young Parents' Guide to Baby's First Month. [With Teacher's Guide (Workbook Responses, Quizzes, Answer Keys) and Independent Study Guide.]
ISBN ISBN-1-885356-58-7; ISBN-1-885356-60-9; ISBN-1-885356-61-7
PUB DATE 1999-00-00
NOTE 145p.
AVAILABLE FROM Morning Glory Press, Inc., 6595 San Haroldo Way, Buena Park, CA 90620-3748; Tel: 714-828-1998, 888-612-8254 (Toll Free); Fax: 714-828-2049; Web site: http://www.morningglorypress.com; e-mail: mgpress@aol.com (Parents' Guide, $7.95; Teacher's Guide, $2; Independent Study Guide, $2).
PUB TYPE Guides - Classroom - Teacher (052) -- Guides - Non-Classroom (055)
EDRS PRICE EDRS Price MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS Child Health; Course Descriptions; *Credit Courses; Early Parenthood; Elective Courses; Fathers; High Schools; Home Study; Infant Behavior; *Infant Care; Mothers; *Neonates; *Parent Child Relationship; *Parent Education; Parent Materials; Parenting Skills; Safety; Study Guides; Teaching Guides
IDENTIFIERS Child Safety

ABSTRACT

A teen mother is likely to be out of school for several weeks following childbirth and will probably spend many hours caring for and bonding with her child. Schools may take this opportunity to allow her to earn elective school credit. This document is comprised of a textbook for use in such a course, a study guide, and a teacher's guide. The textbook chapters are: (1) "Coming Home with Your Baby," discussing initial adjustment; (2) "Feeding and Loving Your Newborn," presenting tips on breastfeeding and bottle feeding and providing information on obtaining assistance for food expenses; (3) "Observing Your Wonderful Newborn," describing typical newborn behavior and sensory capabilities; (4) "Baby's Goal--To Be Comfortable," providing suggestions for meeting infant's comfort needs and discussing "spoiling" and the importance of maternal sensitivity; (5) "Guarding Your Infant's Health and Safety," dealing with various conditions such as diaper rash and identifying common health complaints; (6) "Dad's a Parent, Too," concerning the benefits of father involvement in infant care and father's rights and responsibilities; (7) "Focus on Mom and Extended Family," discussing issues related to the role of extended family members, the importance of taking responsibility, and living arrangements; and (8) "Baby and Parents--Changing Rapidly," examining relationships with other caregivers, a partner, having another child, and lifestyle changes. Each chapter contains numerous quotations from teenage mothers. The study guide includes journal and project assignments and study questions. The teacher's guide contains a course description, suggested minimum requirements, journal assignments, projects, and evaluation materials. Contains 12 references. (KB)



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Nurturing Your Newborn

Young Parents' Guide to Baby's First Month

Jeanne Warren Lindsay, MA, CFCS
and Jean Brunelli, PHN, MA

Buena Park, California

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Parts of *Nurturing Your Newborn*
were adapted from relevant chapters
in *Your Pregnancy and Newborn Journey*
by Jeanne Warren Lindsay and Jean Brunelli
and *Your Baby's First Year* by Lindsay.

Library of Congress Cataloging-in-Publication Data
Lindsay, Jeanne Warren.
Nurturing your newborn : young parents' guide to baby's first month / by Jeanne Warren Lindsay and Jean Brunelli.
p. cm.
Includes bibliographical references (p.).
ISBN 1-885356-58-7
1. Infants (Newborn) --Care Juvenile literature. 2. Teenage mothers Juvenile literature. 3. Mother and infant Juvenile literature. I. Brunelli, Jean, 1932- . II. Title.
HQ774.L55 1999
649'. 122--dc21 99-25877
CIP

MORNING GLORY PRESS, INC.
6595 San Haroldo Way Buena Park, CA 90620-3748
714/828-1998 1/888-612-8254
http://www.morningglorypress.com
Printed and bound in the United States of America

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Foreword

The most amazing thing happens when a baby is born! This very small someone who once was hiding out of sight makes his squalling entrance into the world and nothing is ever again as it was before! There are feedings, and diapers to change, baths to give, and lots of cuddling to do. The weight of responsibility for your baby and the promise of the incredible potential for what s/he might become fills you up and helps you through the most exciting, wonderful, exhausting and scary undertaking that you have ever experienced. Welcome to the "hood," Parenthood, that is!

In your hands is a wonderful tool. Jeanne Lindsay and Jean Brunelli wrote this guidebook for you. Think of it as a map to steer you through the early weeks as you care for your baby. Through their years of experience and ongoing relationship with young parents, Jeanne and Jean have become experts in communicating with new parents. You'll find this small book extremely valuable as you discover the unique qualities of your baby. After all, no two babies are the same — but they all have similarities, too. Each has an

individual personality, and each needs to be totally loved.

I remember when I was a first-time mother. I was so scared, yet I wanted to prove to the world (and especially to my own mother) that I was perfectly capable of being a loving mother, and that I could be the best parent ever. I wanted only the best for my son, but I had so many questions that I didn't know where to begin. How I wish I had a book such as this one to help me!

Ms. Lindsay was my teacher then, and I knew she believed in me, as I gained confidence in my ability to parent, and I practiced becoming a great mother. I wanted to know *everything,* and I worried if I wasn't doing all of it "just right." Thank goodness my son had never had a mother before, so he couldn't compare me to anyone else! I made lots of mistakes, as we learned about each other. You will also make mistakes — but you will also learn as I did.

That was nearly 25 years ago. It appears that my son survived those early weeks just fine, and I did, too. He got all of the very best I had to offer — my two breasts to nurse him, my two arms to hold him, and my whole heart to love him. I got better at being his mother, and of course, he was perfect at being a baby!

Your baby is lucky to have you as his/her parent, because you are interested in knowing more. This book is a great place to start. Learn all you can about your baby. Read as much as possible, watch others whom you consider to be "good parents" as they take care of and interact with their children, ask loads of questions, and don't be too shy to consult with those who are the experts. And, after you've done all these things, if the information doesn't seem to make sense, or match what you know is right, trust yourself and follow your heart. After all, you'll be your child's parent for many years, and you love your baby the most of all!

Teresa McFarland, R.N.

To the young parents whose comments
about loving and caring for their infants
add so much to this book.

Acknowledgments

We are especially grateful to the young people quoted in Nurturing Your Newborn. Some of the quotes also appear in Your Pregnancy and Newborn Journey and Your Baby's First Year, and these young people are acknowledged there.

Those interviewed especially for Nurturing Your Newborn include Mia Tamargo, Philip Chapman, Mike Hernandez, Tiana Garcia, Carrie Martinez, Jasmine Thurman, and LaTasha B. Some of their quotes are used under assumed names, at their request.

We appreciate David Crawford's photos of his students in the William Daylor High School, Sacramento, California. Jan Oehrke, lactation consultant, and Teresa McFarland shared their expertise, especially in chapter 2. We thank them.

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Your baby is totally dependent on you.

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1

Coming Home with Your Baby

- **A Blur of Tiredness**
- **Bonding with Your Baby**
- **After-Baby Blues**
- **Getting Help**
- **Involving Dad**
- **You May Get Frustrated**
- **Taking a Few Minutes Off**

Once he was cleaned up and I finally got to hold him, I couldn't take my eyes off him. He was beautiful.

Marina, 17 - Rudi, 1 week

I'm happy I had a baby, but during that first week I said, "Oh God, I shouldn't have had this baby." But after the first week, Joe started helping. And I suppose it was after-baby blues, too.

Rosita, 18 - Jenny, 4 weeks

Coming home with Blair was real different. I got help at first, but then everybody had to go back to school or work, and I was home alone. It was hard to believe I had a baby.

Brooke, 18 - Blair, 3 months

A Blur of Tiredness

Those first weeks with your new baby may seem like a blur, a time of constant activity and tiredness. Your baby may need to be fed every couple of hours. She may be awake much of the night, then sleep most of the day.

> *Sometimes I'm like a zombie when he wakes up at night. I change his diaper, feed him. Sometimes I think, "Can't you just sleep?" but I can't think that way, get angry. I just get over it.*
>
> Marina

You may be surprised at how easily you get tired during the first few days after you deliver your baby. Your fatigue is a combination of the after-effects of labor, your lack of sleep because of your baby's frequent feeding, and the hormonal changes your body experiences after delivery.

Remember the tiredness of early pregnancy that was caused by hormone changes? Now those hormones are changing back.

If you had an episiotomy (small cut made to enlarge the vaginal opening), your stitches may hurt the first few days. If you had a C-section (cesarean delivery), your recovery from childbirth will be slower.

> *Once my body heals completely, it will be a lot easier. I had two stitches, and it hurts to sit down, to use the bathroom. Everything takes so long.*
>
> Marina

You'll be having some bleeding for about two weeks. Occasionally a blood clot will come out, too. These are from the area where the placenta separated from the uterus. If, after a few days, the bleeding is still bright red, call your healthcare provider.

Use sanitary pads rather than tampons to care for the

bleeding after delivery. The tissue is so soft a tampon could go up high in your vagina; you'd have a problem getting it out. An infection could then develop, and you could get quite sick.

It's a good idea to continue taking your prenatal vitamins, especially if you're breastfeeding. This will help you avoid anemia and speed your recovery.

You may notice changes in your temperature as your hormones change gears. If you feel sick as well, be sure to check your temperature. Sometimes a mom has an infection and needs to call the doctor.

Your healthcare provider will want to see you four to six weeks after your baby is born. Be *sure* to keep this appointment. She will check your health and make sure you're recovering well from pregnancy and delivery. If you haven't already talked with her about birth control, this is a good time to do so

Bonding with Your Baby

> *After we went home, I would carry him all the time, and when he would sleep, I'd just stand over him and stare at him. I couldn't believe that he came out of me. He was the most beautiful little creature I've ever seen. In the hospital I didn't even want to sleep, I was so excited.*
>
> Camelia, 16 - Buchanan, 6 months

Bonding with your baby means falling in love. It has all the same ups and downs about it. Anybody who has ever fallen in love with anyone knows there are times when the person you love the most can make you terribly angry as well as lift your spirits remarkably. This can be true of your baby.

Sometime during the first two months you should feel this surge of love, that this baby is truly yours. Some

people experience these feelings more strongly than others. If a mother's life isn't going as well as she'd like, she may not bond as easily with her baby.

Feeding your baby yourself, holding your baby, talking with other people about your beautiful child, and showing your baby off to others all help this falling-in-love-with-your-baby phenomenon.

When you lay him down to sleep, always place him on his back. SIDS (Sudden Infant Death Syndrome) is much less likely to happen to babies who sleep on their backs.

When he's awake and needs you, you're the one who talks, smiles, interacts with him. At first, he may not appear to pay much attention to you, but it's important that you talk to him from the day he's born.

Your "conversations" with him help him learn to trust you and the rest of his world. When you talk with him, you're already helping him work toward developing his language skills.

After-Baby Blues

When I went home, after two days in the hospital, it was overwhelming. I was very tired, no motivation. I didn't want to take care of Clancy. I was crying all the time. I still have the baby blues. I find myself crying over stupid little things.

I couldn't believe I had a baby. I would kind of close my eyes and wish he would disappear. I knew he was here to stay, but the shock of being a mother was so overwhelming. I couldn't believe it.

Chelsea, 19 - Clancy, 2 months

A lot of mothers are unhappy at least part of the time during the first week or two. To make things worse, a young mother may think she *should* be delighted. This baby

for whom she waited so long is finally here. So why isn't she thrilled?

Many mothers (50-80 percent) get these after-baby blues. Realizing how much work a baby takes and how tied down she is with this tiny helpless creature are two of the reasons she feels sad. But she also has a physical reason. Her body is adjusting to being non-pregnant. As your hormones work hard to "get over" your nine months of pregnancy, you may feel pretty mixed up at times.

Getting Help

Today was a rough day. He's been a grouch the whole day. Last night he was even worse. I try feeding him, changing him, singing to him, and nothing seems to work. I just don't understand what he needs.

Sometimes I feel like I'm going crazy. I think I need

Babies cry for many reasons, but most often, he's simply hungry.

time to myself because I haven't had that in awhile. These past few days have been hard. I haven't gotten anything done. I don't even have time for my work.

Marlene, 15 - Evan, 3 weeks

The best cure for after-baby blues is to get some help with baby care and to take some time to do things you want to do for yourself. If you can, get away from the house, go to the mall or a movie for a couple of hours. You'll feel much better.

Another suggestion — just take your baby outside for a little while. The change of scenery will do you both good.

It also helps a lot to talk to someone. Don't keep those unhappy feelings all bottled up!

Remember, too, that you can get help for many problems. You are entitled to finish school. You may be eligible for food stamps and financial aid.

Call your teacher, doctor, nurse or social worker to find out about job training, daycare services, church programs, social programs, or other support opportunities in your community.

If you have just had a baby, and you feel sad even as you look at your beautiful infant, remember that you're not weird. You're perfectly normal, and you'll probably feel better soon.

If this low feeling lasts for more than two weeks, it may be more serious. Do check with your healthcare provider about other kinds of help.

Involving Dad

If you're with your baby's father, whether or not you're married and/or living together, encourage him to be involved in baby care. When he is, everyone wins. You'll have some of the help you need with baby. The more dad does with baby, the faster he'll bond with his child. Your

baby wins by having two loving parents.

Be careful that you, the baby's mom, don't suggest through words or actions that only you know what to do when baby cries. If you criticize your husband/boyfriend, he may soon decide that caring for baby is, indeed, your job, not his to share.

You'll end up getting tired and perhaps feeling upset. He may decide he's not needed, and that he's being left out of this whole parenting business.

Perhaps he hasn't had much experience with tiny infants. If he seems afraid of doing the wrong thing, show him how to diaper, feed, and rock baby. With practice, he may feel better about the whole situation.

A peaceful home is important to a baby. If you and your partner or other members of your family are upset with each other, baby will sense the stress. Jeanne, mother of two-month-old Eric, explained:

> *Your home life has a lot to do with a child. If I'm tense, he is, too. If a lot of yelling goes on, it bothers the baby. Sometimes Mike and I fight, but we don't in front of Eric. It's bad to do that because he can feel the tension, and it's not good for him.*
>
> *You would think a two-month-old baby wouldn't know, but they do. If they hear you fighting, it's bad.*

You May Get Frustrated

> *Sometimes Jesse was very fussy those first weeks. God, sometimes I wish I could just get up and leave because I'm so tired of not being able to do whatever I want.*
>
> *I'm trying not to have these feelings, but I can't help it. I just wonder, are they wrong? Am I a horrible mother for thinking like that? I hope not.*
>
> Frederica, 16 - Jesse, 5 months

Of course Frederica is not a bad mother for having these very real feelings. Most of us get more tense as the baby cries harder. The problem then is that the baby feels the parent's tenseness and is even more upset.

Acting on one's frustration by hurting the baby is certainly wrong. Some parents resort to child abuse. Perhaps you've heard a parent angrily say to a crying child, "If you don't quit that crying, you're getting a spanking." That's not very sensible, is it? It doesn't help the parent, and it certainly doesn't make the child feel better.

Sometimes a parent may feel like shaking baby. Shaking is absolutely the wrong thing to do. Shaking can damage a baby's brain. See that no one *ever* shakes your baby.

When you're upset because of baby's crying, you'll help your baby if you can possibly relax. Try thinking about something you really like doing or fantasizing about your favorite place. Your baby may relax as you do.

Sometimes your baby will cry because she doesn't feel well. Is she feverish? See chapter 5 for more about caring for baby when she's not feeling well.

If you're bottle-feeding and your baby cries a lot, perhaps her formula isn't right for her. Talk with your health professional. Perhaps she will suggest a different formula.

As you get to know your baby, you'll find still other ways to help her be more comfortable.

It's all right if sometimes your baby makes you feel angry and frustrated. It's all right that some mothers sometimes want to run away from home.

All mothers (and fathers) need to learn ways of dealing with this stress. Sometimes it means someone else giving you a break. It may mean leaving the housework and going to visit a friend for a change of pace. Sometimes it may mean calling a hotline. Every mother is going to have these feelings at least occasionally.

Taking a Few Minutes Off

If you start feeling tense and uptight, and you have no one else to take care of the baby, what can you do? Sometimes it's better to put her in her crib where you know she's safe, then walk away from her for a short time. This may be better for baby than if you try to cope with more than you can handle right now.

Don't feel guilty about it. Sometimes mothers do that. They know they have to get away, but they still feel guilty. It's okay. It may be necessary occasionally, especially for a single parent who can't poke a father in the back and say, "It's your turn."

A mother living alone might ask her next-door neighbor to stay with her baby for a short time when she needs to get away. If you need to get out for awhile, find a way to do so.

Some moms find that exercising helps them relieve tension. You can go back to doing prenatal exercises and other relaxation techniques you learned during pregnancy without hurting yourself or your stitches. More vigorous exercising should be delayed until all bleeding has stopped. If you feel lightheaded, you should stop and rest awhile.

If your baby needs to be held and you have work to do, get a sturdy sling carrier so you can carry her on your chest. She can be close to you even when you're using your hands for other activities.

When your baby is riding in the car, of course, she *must* be in a sturdy carseat in the back facing the rear of the car. Being in your arms while she's riding is *not* safe for her.

Some parents find the first month with baby is almost easy because their baby sleeps most of the time. Others say those first weeks are the most difficult. Whichever way you feel, love your baby, give her attention when she needs it, and remember to look after yourself, too. After all, you are your baby's most important person!

Breastfeeding is best for both baby and mom.

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2

Feeding and Loving Your Newborn

- **Many Choose Breastfeeding**
- **Less Illness for Breastfed Babies**
- **Getting Started**
- **Let Baby Set Time**
- **Get Help If Needed**
- **Baby Get Enough?**
- **Taking Care of You**
- **Breastfeeding for a Little While**
- **Some Choose Bottle-Feeding**
- **Burping Baby**
- **No Propped Bottles**
- **May Need Pacifier**
- **Vitamins/Minerals**
- **Call WIC for Help**

It's really handy. When I go places, I pump because I almost always use breast milk. I tried formula once, but Patty spit it up.

I'm breastfeeding because they say it's good for the baby. But it's also handy and saves money. You don't have to get up and heat the bottle. That's when I especially like it.

Beth, 18 - Patty, 3 weeks

I wanted to give her the best start. I didn't have a house or a back yard for her to play in, but I could breastfeed her. She deserved the best start she could have.

Zandra, 16 - Dakota, 1 month

Many Choose Breastfeeding

I feel bonded to Jenilee. I think it's because I breastfeed her. When she cries, I'm the one that gets her, and I feed her and she's better. She stares up at me like she already loves me.

Lacey, 16 - Jenilee, 1 month

More and more young mothers are choosing to breastfeed their babies. Perhaps they've been told it's best for the baby. They feel they "owe" their baby the best care possible. For them, this includes breastfeeding.

It's also perfectly all right to choose this method because it's easier for the mom. Having no bottles to sterilize, no formula to mix, and no heating required can make life much simpler for a tired new mother. And, of course, breastfeeding is cheaper. That's good news for the pocketbook, too.

The milk your breasts produce the first few days after delivery is called colostrum. This is a "super" milk, low in volume and high in nutrition. It's a yellowish substance which contains water, some sugar, minerals, and many important antibodies. Colostrum is high in fat and calories, so the small quantity available for baby is fine. He does *not* need a bottle of formula!

The colostrum gives the baby some protection against illness. Even a few days of breastfeeding will give your newborn a good start.

If your breasts are small, don't worry. The amount of milk you make depends on how often your baby nurses. If your nipples are flat or inverted, getting baby latched on may be difficult, but once baby is latched on, it'll be okay. If you have difficulty with latching on because of inverted nipples, apply something cold, such as an ice cube or cold washcloth first. This should help baby latch on.

Someone may suggest to you that breastfeeding your baby will make your breasts sag. Not so! Your breasts become larger during pregnancy, but wearing a good supportive bra during pregnancy and while you're breastfeeding helps prevent sagging.

Dad doesn't need to feel left out when you're breastfeeding. Help him understand that you're breastfeeding so your baby will have the best possible start. Dad can help bathe baby, change his diaper, and play with him. Babies need lots of love and cuddling when they're not eating, too.

Less Illness for Breastfed Babies

Breastfeeding is much easier compared to Mom's friend who had a baby about the time I had Stevie. She's bottle-feeding him. He's had three colds already, and Stevie's had none. Her baby cries a lot, too.

Alison, 18 - Stevie, 2 months

Another very important reason to choose breastfeeding is the fact that breastfed babies tend to be ill less often during their first year of life than are bottle-fed babies. A breastfed baby is less likely to catch a cold, for example. Have you ever cared for a tiny baby who couldn't breathe because he couldn't blow his nose? If so, you know how hard it is for both mother and baby.

Of course, breastfeeding your baby doesn't guarantee no colds for a year. And if you bottle-feed, you aren't guaranteed a certain number of colds! All we know is that breastfed babies are *less likely* to get sick than are their bottle-fed friends. They are less likely to develop allergies, earaches, diarrhea or constipation, or tooth decay. Breastfeeding also helps your baby's brain grow.

If you catch cold or get the flu, should you continue breastfeeding your baby? *Yes!* If he does get sick, the

Breastfeeding intensifies bonding between mom and baby.

antibodies in your breastmilk will help him recover faster.

With these facts in mind, make your own decision. If you prefer to bottle-feed your baby, fine. Above all, don't feel guilty. You certainly can be a "good" mother, no matter which feeding method you choose.

If, while you were pregnant, all of this seemed confusing, perhaps you simply decided not to decide. If you breastfeed baby for just a few days, he'll get the colostrum. If you then decide you don't like breastfeeding, you can switch to bottles with a clear conscience.

> *I never said, "I'm going to breastfeed." I said I'd try it for a couple of days, maybe a week, and then I'd quit if I didn't like it. I continued for 11 months!*
>
> Lyra, 18 - Leah, 14 months

The exception to breastfeeding being best for baby is when Mom smokes heavily, takes drugs, or is infected with the HIV virus which causes AIDS. Drugs and nicotine are carried through the milk to the baby. Even if the drugs you're taking are prescribed, check with your healthcare provider to be sure baby would thrive on your breast milk.

Avoid over-the-counter medications when you're breastfeeding. These might affect your milk and your baby.

Getting Started

When you're ready to nurse baby, hold him on his side facing you, tummy to tummy, and touch the baby's lower lip with your finger or nipple. He'll open wide, a rooting reflex action ready to go at birth. As his mouth opens, bring him to your nipple. Check to be sure his bottom lip curls out. If it doesn't, pull down gently on his chin.

Latching on: The term used for the baby getting your nipple into his mouth.

Be sure he gets enough of the areola (dark area around the nipple) into his mouth as he sucks. This is where the milk pools. If he latches on properly, your nipples shouldn't get sore. If it hurts, break the suction with your fingertip, take him off, and latch him on again with more of the areola in his mouth.

Monday I had a breastfeeding doctor's appointment. There were four of us there with our babies, and she had us demonstrate breastfeeding. I thought he was latching on, and it wasn't hurting much, but he was doing it wrong. She had him open his mouth real wide, and then she shoved the nipple way in. It felt totally different. It suddenly didn't hurt at all.

Marina, 17 - Rudi, 1 week

Sometimes the soreness is because the baby sucks only on the end of your nipple. This would hurt and your baby wouldn't get as much milk. To avoid this pain, make sure your baby's mouth opens wide onto the areola. Nurse often on both sides, for as long as your baby will nurse.

It's not necessary to hide in your bedroom while you breastfeed. Babies like to eat when they get hungry, just as we do, only it's much harder for them to wait awhile. You

should be able to breastfeed almost anywhere by throwing a blanket over your baby.

One time we were at Mike's baseball game, and I went to the car to feed Eric. When Mike and his friends came back, I had him all covered up with a blanket while I nursed him. They said, "Sh-h, he's asleep." I smiled and nodded.

Jeanne, 16 - Eric, 2 months

Let Baby Set Mealtime

Tiny babies need to be fed when they're hungry. They can't tell time for a few years yet, so their hunger pains are *not* clock directed. They're simply hungry when they're hungry. And they *don't* cry to exercise their lungs! (Simply breathing gives those lungs plenty of exercise!)

During the first couple of months most of your baby's crying is probably due to hunger. Offer her your breast or a bottle first. If she doesn't want food, naturally you don't try to force her to eat. You look for other reasons for her crying, like wet or dirty diapers. But first you offer breast or formula.

For the first month or so, you'll be feeding baby at least 8-12 times each 24 hours. You may need to wake him occasionally for feeding during the first couple of weeks. If he eats every 2-2 1/2 hours during the day, he's likely to sleep for longer periods at night.

If you offer the left breast first at one feeding, start with the right one the next time so that baby will empty each one completely. This is important so that your breasts will "know" to produce more milk on both sides. Hint: Attach a diaper pin to your bra strap on the side baby finishes nursing. You'll remember to start on that side next time.

Feed your baby at the first sign of hunger, such as increased activity, mouthing, or rooting. Waiting until she's

crying is not necessary, and could give baby more difficulty with breastfeeding.

The more often you nurse your baby, the more milk your breasts will produce. Proper latch-on will help prevent sore nipples.

If your nipples get sore, keep them dry and expose them to air. Rub a little breast milk into each nipple after you finish feeding your baby. Avoid creams and lanolin. For persistent soreness, get help.

Whether you're breastfeeding or bottle-feeding, your breasts will feel heavy and full during the first week after your baby is born. Breastfeed your baby, and your breasts will feel more comfortable in a day or two. Sometimes it helps to put a warm washcloth on your breasts and massage them before you nurse. Massaging during feeding also helps.

> *It was hard for him to latch on when my breasts were engorged. Once I got home he was waking up every hour to 1 1/2 hours to eat, and that was hard. I almost quit, but I didn't. It's frustrating at first, but if you keep at it, it's better for him. He learned real quick how to latch on.*
>
> Tiana, 15 - Francisco, 3 months

Hand expressing or pumping a little milk first may soften the areola to make it easier for the baby to latch on to a very full and hard breast. You can freeze this milk for later use.

If your breasts are still sore after he nurses, try an ice pack under your armpits — that's where the breast tissue starts. A warm shower and breast massage may also help. Green cabbage leaves give relief much as the ice does.

If milk leaks from your breasts between feedings, you can use purchased disposable or cloth pads to protect your clothes. Probably as effective are pads you can make

yourself. Cut a cloth diaper into small pieces about three inches square. Sew several layers together, then put in your bra as needed. They're easily washed.

Burp your baby after he finishes nursing at each breast. Just hold him up to your shoulder and rub his back gently. He probably won't burp as much as he would if he took a bottle. Breastfed babies don't usually swallow as much air as bottle-fed babies.

Some experts suggest that a very young baby's daily use of a pacifier could interfere with breastfeeding. It's probably best not to give her a pacifier until breastfeeding is going well for you and your baby.

For a good start with breastfeeding, it's wise not to give the baby a bottle at least during the first month. This gives your breasts and your baby a chance to get well started with breastfeeding.

After the first six weeks, some people give the baby a bottle occasionally. There may be an emergency sometime when mom can't be there. This will also give grandma and dad a chance to feed the baby.

Remember, your breasts create more milk only if stimulated by baby's nursing — or if you express milk (squeeze out) by hand or with a breast pump.

Get Help When You Need It

If your baby doesn't seem interested in latching on to your breast at first, take off her clothes except for her diaper, and hold her close. Lots of skin to skin contact helps a baby figure out what she needs to do. Cuddle her often and try to express a little milk into her mouth. If your baby still doesn't suck, giving her a bottle is not the answer. That would only confuse her.

Someone may suggest that you don't have enough milk for your baby and that you should switch to formula. Know

that almost all new moms can breastfeed successfully. If it doesn't seem to be working for you and your baby, call a breastfeeding specialist for help.

Breastfeeding is good for babies and moms.

Some WIC offices have breastfeeding peer support counselors. Maternity ward nurses, lactation specialists, or possibly a breastfeeding specialist in your healthcare provider's office can also help you.

Is there a La Leche League chapter in your community? La Leche League is an organization of breastfeeding mothers. A local group will usually have a series of several meetings dealing with the how-to of breastfeeding. Members are available to help each other find answers to questions or problems with breastfeeding.

Check your telephone directory or call your local hospital labor and delivery unit for information about your local La Leche League. You can call the League to learn of meetings of possible interest to you. If you have problems with breastfeeding, you can usually get help by calling their number.

Is Baby Getting Enough?

If you're breastfeeding, your baby will "tell" you if she's getting enough milk. She's getting plenty if:

- She has at least six to eight wet diapers each day and several soft mustard-color BMs after one week of age.
- She seems satisfied for at least one or two hours after each feeding.
- She seems to be gaining weight and is active when she's awake.
- You can hear her swallow as she sucks.

Your baby is likely to grow especially fast when she's about two weeks old, again at six weeks, and at three months. At these times, she needs more food. You may think you don't have enough milk for her. You're probably right.

The solution is simply to nurse baby more often. That signals your breasts to make more milk. Your baby controls your supply of milk. Usually it takes about two days of nursing more often to make more milk. Then she will level out to nursing less often again. She'll also be more content.

Breastfed babies don't need additional water or any other food for the first four to six months, according to the American Academy of Pediatrics.

Taking Care of You

Paula only cries when she's hungry, cold or lonely. Last night she was waking up every 15 minutes. She wanted me to hold her until she went to sleep.

Breastfeeding is working fine. I didn't have much soreness, only the second day when my milk came in. I gave her a little water once, but she doesn't seem to need that since she's breastfeeding.

Deanna, 15 - Paula, 3 weeks

When you're caring for a baby, you especially need to take good care of yourself. While you're breastfeeding, it's extra important that you eat the nutritious foods you needed while you were pregnant.

You need about 500 extra calories each day. A sandwich and two extra glasses of milk in addition to your "regular" nutritious diet should be enough.

Drink enough liquids, too. You need 8 to 12 glasses daily of water, milk, fruit juices, etc., so drink whenever you get thirsty. "Liquids" is the key word. You don't have to drink milk to make breastmilk. If you like it or can drink it, include it as part of your liquids. If not, get your calcium from other sources such as green leafy vegetables and calcium-fortified orange juice.

It's best for the baby if you can limit your drinking of coffee, tea, and soft drinks to two cups each day. Avoid caffeinated beverages. Choose decaf versions instead.

When you nurse your baby, sit (or lie) in a comfortable place. Put your feet up and enjoy your baby. Drink one of those many glasses of liquid you need each day.

Learn to relax while you're feeding baby. Your milk flows more easily if you're relaxed. Baby will be pleased!

It's absolutely necessary that you get enough rest if you're taking care of a little baby. Milk production goes better when you're rested. Even if you're bottle-feeding, your baby doesn't need an exhausted mother. *Take care of yourself.*

Breastfeeding for a Little While

You may choose to breastfeed a few days because you know how good colostrum is for your baby. If you then decide to switch to formula, both you and baby will adapt better if you don't suddenly go from full-time breastfeeding to full-time bottles.

I stopped slowly. I'd breastfeed her when she woke up at 5 a.m. because that was more convenient. I didn't have to get up and make a bottle. At first, I'd give her a bottle at school, then breastfeed her at home. Then I had less milk, and it all worked out.

Adriana, 18 - Rachel, 3 months

Adriana was wise to stop breastfeeding gradually. Deciding to switch baby from breast to bottle suddenly is hard on baby and hard on mom. If you simply quit breastfeeding one day, your body will continue producing milk for awhile. Your breasts will hurt and you might develop a breast infection.

It's far better to give her a bottle for one of her feedings each day for a few days, then cut out another breastfeeding, then another, until you're feeding her from the bottle all the time. You will both adjust to the change much better than if you switch suddenly.

Some Choose Bottle-Feeding

Bottle-feeding just seemed normal to me. I was smoking a lot, and they told me I shouldn't breastfeed because I'd give Mona the nicotine.

Ellie, 17 - Mona, 11 months

In a few situations formula is actually better for baby. If a mother must take medicine which would harm her baby, she shouldn't breastfeed. If she is on drugs, if she smokes a lot, or has AIDS, feeding her baby formula would be wiser than breastfeeding. (Staying away from drugs and cigarettes is, of course, the most caring approach.)

If you decide to bottle-feed, you can choose from ready-to-use, concentrated, or powdered formula. The ready-to-use formula is the most expensive and the easiest to use. Whichever formula you choose, follow mixing instructions carefully. Be sure bottles and nipples are absolutely clean.

Boil the water and let it cool before you mix it with either the concentrated or powdered formula. Or you can use bottled water. *Be sure you use the right proportion of formula to water.*

Always check the temperature of the formula before giving it to baby. Baby probably prefers lukewarm formula.

Check the size of the nipple holes occasionally. They should be just big enough so the formula drips slowly from the bottle when you hold it upside down. If the formula comes out too fast, the holes are too big. He won't get enough sucking as he drinks. The only solution is to buy new nipples.

Some babies are allergic to cow's milk. Ask your health-care provider if your baby seems to have problems. She will probably prescribe a formula made of soybean powder.

Heating baby's bottle in the microwave oven is a dangerous practice. While the bottle may feel cool, the formula inside could be hot enough to burn your baby.

Baby Needs Burping

> *Usually I feed him six ounces, and I burp him every two ounces. I place the burp rag over my left shoulder. I pat his back and rub him in a forward stroke. If he gets to where he's real colicky and cranky, I put him on his stomach and burp him that way.*
>
> Chelsea, 19 - Clancy, 2 months

Some babies need burping several times during a feeding while others don't want or need their meal interrupted. You'll be sensitive to *your* baby's needs. Several burping positions work:

- Hold her upright against your shoulder.
- Support her in a sitting position on your lap.
- Lay her on her stomach across your knees.

Whichever position you choose, rub or pat her back gently until she burps. For many babies, this happens fairly quickly, while others need several minutes of help with the important job of burping:

Keonia often has too much gas in her stomach. When that happens, I spend ten to twenty minutes burping her. If I don't, she'll spit up again.

Lei, 16 - Keonia, 4 months

If you bottle-feed, your doctor will tell you about how much formula your baby needs. At times, baby won't finish her bottle. You don't need to worry. She probably wasn't as hungry as usual. Her appetite will vary from feeding to feeding. "Enough" at one meal may not be enough next time. You will find she eats about the same *total* amount of formula each day.

If he has a fever or diarrhea, he needs extra water. If he has the hiccups, offer him a sip of water from a teaspoon.

Whether you breast- or bottle-feed, hold your baby close while you feed her. This is a wonderful getting-acquainted time for both of you. As you talk and smile with her, you'll feel even closer to each other.

No Propped Bottles — Ever

Whenever you give your baby a bottle, *always* be sure you hold him. Don't ever lay him down and prop his bottle in his mouth, then leave him to drink alone.

First of all, he needs the love and emotional support he'll feel from being in your arms. He also needs eye contact with you while he's eating. These happenings are all extremely important to baby.

I blew it with my mother-in-law yesterday. She's been wanting to keep little Eric for a few hours, and I finally took him over there. I thought he'd be all right

while I did some shopping. I came back about two hours later, and I couldn't believe my eyes.

My mother-in-law was working in the kitchen, and there Eric was on the couch — with a bottle propped in his mouth! You should have seen him. His little hands were all clenched, and his whole body looked tense and uptight. Usually when he's eating, he waves his arms and has such a good time.

I was furious. I took a deep breath and said, "If you don't have time to hold him while he eats, I do." I picked him up and went home!

Babies need to be held while they're eating. They need that love and attention. Besides, bottle-propping is dangerous — he could choke, and it could cause an ear infection. If she ever keeps him again, she'd better not prop his bottle!

Jeanne

As Jeanne said, in addition to the loving he gets from being held while he eats, he's also less likely to have an ear infection if you don't ever prop his bottle. Many ear infections are caused by baby drinking from a propped bottle. The passageway from the ear to the throat doesn't drain well in infancy. Formula, if not "served" properly, can go back to his ears and cause an infection.

Always hold baby while you feed her, whether by breast or bottle.

If you need another reason for holding baby while you feed him, remember that a baby with a propped bottle

can spit up and choke on the milk curd. He's unable to spit it out if a bottle is propped in his mouth.

He May Need a Pacifier

Babies need a lot of sucking. Breastfed babies can usually suck more while eating than bottle-fed babies. If the formula in the bottle is gone, it's gone, while the breast keeps producing a dribble of milk. A baby who needs lots of sucking can get it there.

Lots of babies, however, whether breastfed or bottle-fed, need still more sucking. Your baby may find her fist soon after birth. (Many babies suck their thumbs while still in mother's womb.) If she seems to want more sucking, offer her a pacifier.

If you're breastfeeding, wait until she's a month old. Offer the pacifier only after she's finished nursing. *Never* let a pacifier come between baby and his meal.

Even if the neighbors frown, giving your baby a pacifier is fine. Throw it away as soon as she doesn't seem to need the extra sucking, probably before the end of the first year.

Just don't substitute the pacifier for the attention, food, or diaper change she wants and needs when she's crying.

Vitamin/Mineral Supplements

If you're breastfeeding your baby, continue taking your prenatal vitamins for two or three months after delivery. If you do, your baby won't need an extra vitamin supplement. She gets her vitamins through your milk, and an extra dose wouldn't be good for her.

Vitamins. Commercially prepared formula contains enough vitamin D for baby.

Fluoride. Whether you're breastfeeding or bottle-feeding, your baby needs fluoride. In some areas this is in

the water supply. Getting enough fluoride helps prevent cavities in our teeth while too much fluoride can be a problem. It can lead to discolored teeth.

Since the amount of fluoride in your water supply may be high or low, it's important that you ask your healthcare provider how much, if any, fluoride supplement your baby needs. Give exactly as prescribed. Don't overdose!

Iron. If you're eating enough nutritious, iron-rich foods, your breast milk will provide enough iron for your baby for about four months. At that time, your healthcare provider may suggest an iron supplement. Or she may tell you it's all right to start feeding baby an iron-fortified cereal.

Most commercial formulas contain iron. Your doctor will help you decide which one is best for your baby.

Call WIC for Food Expense Help

If it's hard for you to get enough of the right foods for yourself while you're breastfeeding, call your public health department for information about WIC (Special Supplemental Feeding Program for Women, Infants, and Children). WIC also provides help in buying nutritious foods for pregnant women and for baby's formula. In some communities, WIC eligibility depends on income. Very young mothers may qualify based on age.

The food stamp program helps extend food dollars for eligible families. Ask your social worker for information.

Whether you breastfeed or feed your baby with a bottle, eating time can be a period of special closeness for the two of you. Talk to her as she eats. Tell her how much you love her. Let her know how much you like this part of your day, and she will respond more and more as the days go by.

A baby being held and fed by a loving, unhurried parent is learning that most important lesson — to trust her world and you. *Cherish the time you have together.*

Your newborn is an extraordinary little person.

3

Observing Your Wonderful Newborn

- **What Does She Look Like?**
- **Belly Button Care**
- **Characteristics of Your Newborn**
- **How Baby Develops**
- **What Can He See?**
- **Test Baby's Vision**
- **Notice Her Reflex Actions**
- **Observe Him Closely**

At first she was all purple and she had little pink lips like she had lipstick on. By the second day her little nose looked like it was growing, like it pushed out. When she came home I thought she looked like her dad. She has changed so much. She has big brown eyes, and is very alert.

Mia, 18 - Isabel, 6 weeks

When I first saw Patty, I thought, "Golly, was that inside me for nine months?" She didn't look very pretty — too white and awfully tiny. But the doctor said her color would come soon, and it did.

Beth, 18 - Patty, 3 weeks

What Does She Look Like?

Labor is called labor because it's such hard work for the mother. But it's also hard on baby. A just-born baby doesn't look at all like the charming little person in the diaper commercials. Instead, she may seem forlorn and look a bit stressed.

Nearly every mother, father, and grandparent, however, will swear she is the most beautiful baby ever born!

> *As soon as she came out, a weird feeling came over me, an adrenalin rush. It was neat finally to see her, having her open up her eyes and look at me.*
>
> Philip, 17 - Julia, 2 months

Most babies look pretty messy after delivery until the nurse cleans them up. Often a baby's head becomes molded during labor and delivery. Instead of looking round like most people's heads, hers seems longer than it should. Sometimes there are bumps and lumps on her head, too.

At birth, the bones in baby's head are soft enough to change shape slightly in order to go through the birth canal. Within a few days baby's head will become round. If her mother is in labor a long time, baby's head is more likely to undergo molding.

Regardless of their ethnic origin, most babies are fairly red when they're born, sometimes even purplish looking. By the time she goes home from the hospital, her skin will look better. When she cries, her skin may turn red and blotchy. This, too, is normal.

African American babies' skin is often lighter at birth than it will be later. The skin at the tip of the ear is a good indication of the baby's permanent color.

> *When Latrelle was born, he was real white and he had big pink lips. He had a head full of hair, and he*

still does — but his lips aren't pink and now he's darker.

LaTanya, 18 - Latrelle, 4 weeks

Babies have a "soft spot" (fontanelle), actually more than one, on the top of their heads. Some people are afraid of the soft spot. They think baby might be injured if the soft spot is touched. However, this spot is covered with a tough membrane which gives plenty of protection.

Check the soft spot. It should be soft and flat. If it bulges or is sunken, baby may be sick or dehydrated.

The skull doesn't close over the soft spot for about 18 months. During that time, it's important to wash the baby's head thoroughly to prevent cradle cap. Cradle cap, which sometimes develops on a baby's head, is a scaliness similar to heavy dandruff. When you give your baby a shampoo, just massage her head with your fingertips as you would your own. Touching the soft spot is not going to hurt it.

If cradle cap does develop, the best way to treat it is to wash baby's head with a low-allergy soap or clean her head with a soft brush. You can also use baby oil. Apply it with cotton or a soft brush.

Belly Button Care

Today Evan's belly button cord fell off. I went to change him and I found it stuck to his diaper. I'm glad it came off because I thought it was ugly.

Brandy, 15 - Evan, 1 week

Newborn babies have a couple of inches of umbilical cord still attached to their navels. This cord turns black and usually drops off within a week. Most doctors suggest that baby not be put in water until after the cord drops off. Sometimes the area bleeds a little those first few days. It can be cleaned gently with cotton dipped in rubbing alcohol.

Some babies' belly buttons stick out more than usual. In the past, people often put snug binders on their babies — pieces of cloth wrapped firmly around the baby's middle. Sometimes people put tape over the navel or even taped a penny or other flat item over it. They thought this would keep it from sticking out. Actually, it won't help, and it can cause irritation.

If baby's belly button sticks out, it sticks out. That's all right. This condition usually disappears sometime during childhood. If it sticks out a lot, however, ask your doctor to check for umbilical hernia. See page 67.

Umbilical hernia: A bulge near the belly button where the abdominal muscles come together.

Characteristics of Your Newborn

He was awake a lot at night, every three or four hours, but I enjoyed being with him, I really did. He'd sleep a lot, then he'd wake up just to eat, then he'd go right back to sleep.

Camelia, 16 - Buchanan, 6 months

A newborn human is far more helpless than is a new kitten, colt, or other baby animal. He depends completely on his parents or other caregivers for survival.

The main thing you may notice about your newborn is her sleepiness. During her first days of life "outside," she will probably be alert only about three minutes per hour on the average. She will be even less alert at night (you hope). This "alert" time is in addition to the time baby spends crying because she is hungry, wet, generally uncomfortable, or lonely, and the time she spends eating.

All babies lose a few ounces during the first two or three days after birth. This is perfectly normal. Baby will gain it

all back within a few days.

Babies, both boys and girls, sometimes have swollen breasts for a few days after delivery. This is caused by the hormones in the mother's body. Sometimes the baby's breast will contain a little milk. This is called witch's milk in some cultures. This is normal and will go away within a few days.

Girl babies sometimes have a slight amount of bleeding from the vagina for two or three days after delivery. This, too, is caused by mother's hormones. It's nothing to worry about.

Newborn boys often have very large testicles. In fact, both boys and girls have oversized genitals which appear swollen and red at birth. These are also caused by the mother's hormones. They will become smaller within a couple of weeks. A boy baby may get an erect penis when you change him. This normally occurs occasionally throughout infancy and early childhood. It's not a problem.

Baby may have birthmarks. Some of these will disappear in time. "Strawberry" marks and dark moles, however, generally stay on baby for life. These marks tend to run in families, and you can do nothing to make them go away.

Dark-colored marks may also be on African American or Hispanic babies. Most often they are on or above the buttocks. These marks usually fade by the time the child is two years old.

Newborns may develop or are born with baby acne (milia). Caused by hormonal imbalance, these are little white heads that will disappear in a couple of weeks. No treatment is needed.

How Baby Develops

If you know something about your baby's development, you'll find him more interesting. And if you think he's

interesting, you'll give him more attention. If you give him more attention, he'll respond more to you. A beautiful circle to enter!

Of course all babies are different. Even at birth, your baby will look different than other babies in the hospital nursery. He may cry a lot, or he may be quiet much of the time. Most babies sleep a great deal the first weeks, but yours may stay awake several hours a day. Accept him as he is and love him.

Babies usually respond to sounds at birth. She will startle at a loud noise, perhaps cry.

She can hear rather well. Of course she doesn't understand your words, but she likes the sound of your loving voice. After all, during the last few months before birth, she was "hearing" your voice, or at least feeling the rhythm of it, while she was in your uterus. Now it's important to talk and sing to her. Loud sharp noises and angry voices will upset her, but she loves your gentle voice.

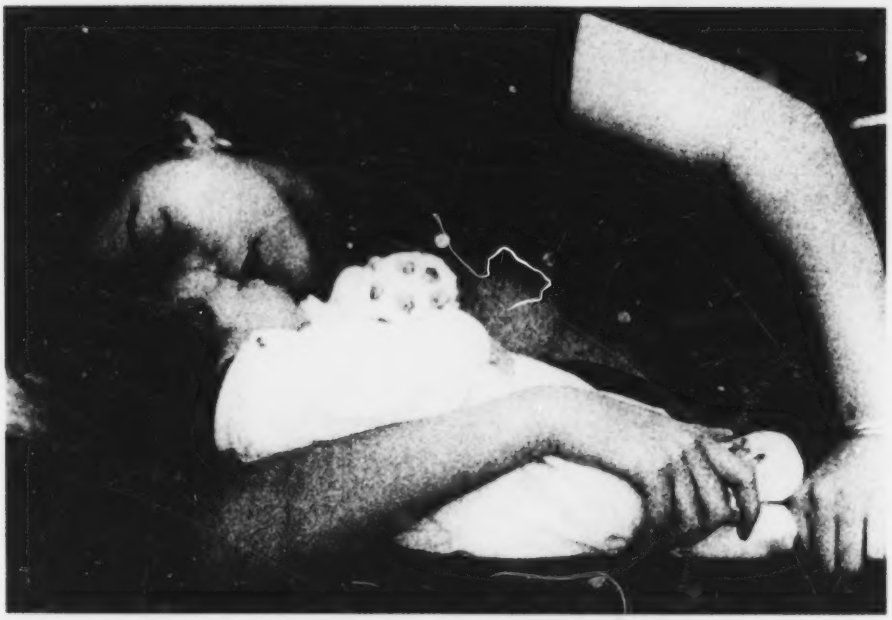
What Can He See?

He can't see well when he's born. The world probably looks hazy to him. He can see objects best which are about nine inches from his eyes. When he's breastfeeding, this is about the distance between his and his mother's eyes.

Sometimes parents worry about their newborn's eyes. They seem hazy, and sometimes even appear to be crossed. The baby can't focus well yet because nerve connections between her brain and eye muscles aren't complete. Her vision and control will develop gradually, and soon her eyes will stay put.

At birth, most babies' eyes are dark blue or gray. Their eyes will gradually change to their permanent coloring. Some dark-skinned infants are born with dark brown eyes.

Sometime between birth and six weeks of age, most



Most newborns sleep a lot those first few days — and Mom needs to sleep, too!

babies can begin to follow an object for a short distance with their eyes.

Baby's favorite "object" is your face. She may look at you occasionally almost from birth. Sometime between birth and about two months of age, she will smile at you. It's an exciting milestone.

In the past, experts insisted that if a new baby looked like she was smiling, it was not a real smile. True, her smile may be partly a reflex, but it usually happens when she is content. An awake baby begins to smile in response to someone at around one month.

Suggestion: Since your newborn is most interested in looking at faces, make her a "face" for her crib. The simplest way is to draw colorful features on a paper plate. Attach the plate to the side of the crib about ten inches from her head. Choose the side of the crib toward which she most often looks.

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A non-glass crib mirror or a picture of you would be fun for baby, too. Before long, she will enjoy looking at her reflection.

Notice Her Reflex Actions

Baby's behavior at birth is mostly reflex action.

Reflex action: Responding to something without having to learn to do so.

Rooting and sucking are reflex actions. While a newborn usually needs some help in finding the nipple, he generally knows how to suck once he gets there.

A new baby is not quiet, even when he's not crying. He will hiccup, startle, and shake because his nervous system is still immature. This is not a problem. Sometimes, however, a young mother needs reassurance:

> *Once I got scared because Nick started shaking and making weird sounds after I fed him. It was one a.m., and I woke Paul up. He said Nick had the hiccups, so I relaxed.*
>
> Theresa, 16 - Nick, 6 months

Another reflex action exhibited by a newborn baby is the "walking" reflex. If you hold him upright with his feet just touching a firm surface, he will take "steps." He will actually place one foot after another while you support his weight. This lasts only a week or so. Then if you hold him upright, he will simply sag rather than making walking movements.

Baby's hands are almost always clenched into fists during the first month or two. This, too, is a reflex action. If you put your finger in his fist and pull back gently, you'll find surprising strength in that little fist.

Observe Him Closely

If your baby becomes too warm, she may develop prickly heat. To prevent this rash, don't overdress your baby. Babies need about the same amount of clothing that you need. This does *not* mean wrapping her in a warm blanket on a hot summer day!

Baby's bowel movements are worth watching. New babies have greenish BMs that are softer than those of an adult. If color, texture, and odor are normal, the number doesn't matter much. A breastfed baby will usually have a yellowish BM every time she nurses. That's because a breastfed baby digests the milk faster than does a bottle-fed baby. This is good for her.

The first bowel movement a baby has after birth is called meconium. Meconium is a greenish-black sticky substance which fills the intestines of babies before they are born. Almost all babies pass meconium during the first day, sometimes for three or four days. Ted, a young father, commented, "Those black poops freaked me out!"

If you've been around babies, you know how different each one is from the others. They develop at different rates in different ways. Some are very active, some are quiet.

No matter how much you learn about newborn babies, you know yours is unique. Perhaps you can make time to write about his uniqueness, a description you can share with him when he's older.

These first days with your newborn infant are a special time in both your lives. Make the most of them!

Sometimes it's hard to be comfortable if you're a newborn baby.

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4

Baby's Goal — To Be Comfortable

- **Infants Don't "Spoil"**
- **Enjoying Your Infant**
- **Important Note**
- **Perhaps She's Lonely**
- **Bathing Your Newborn**
- **The Diaper Question**
- **He May Like Swaddling**
- **Be Sensitive to Her Needs**

If she's upset, it could be because she has a dirty diaper or she's hungry or tired. When she's tired, I wrap a blanket around her and I hold her and walk her. I start patting her back, and it relaxes her and she falls asleep.

She likes to be warm, and we make sure she's warm. When we feed her, we put a blanket around her and hold her tight.

When we first pick her up and she's all fussy, we hold her real close to us. Then she starts to realize, "Okay, I'm comfortable."

Mike, 18 - Isabel, 6 weeks

Meeting Baby's Needs

Comfort is the most important thing to a newborn. Comfort first of all means having her needs met. Letting her "cry it out" makes sense only when you can't do anything to help her feel better. Even then, most babies prefer to be held in their misery. Wouldn't you?

Nearly every baby loves to be touched, held, and cuddled. They have a way of snuggling into your arms that makes both you and baby feel good. When baby is fussy, holding her upright with her head near your shoulder may quiet her.

Your newborn is a very sensitive little creature. She will probably startle and cry at any sudden change. If there is a loud noise or if her bassinet is jolted, she may cry. If you lift her suddenly from her bed, she may cry.

When you pick her up she will feel more secure if you put your hands carefully under her, then wait a second or two before you lift her. She'll then have time to adjust to being moved. Of course you *always* provide head support for a young baby when you lift or hold her.

Infants Don't "Spoil"

When she cries, I pick her up. My mom says, "If you don't lay her down when she sleeps, she'll be used to you holding her." When she's older, my mom says I'll have to hold her. But I don't think she'll do that.

LaTasha, 16 - Tajanell, 6 weeks

Most parents, if they let themselves go, love holding their baby. Touch her, love her. Above all, don't worry about spoiling her in these early months.

Babies are born with 100 billion brain cells just waiting to develop. They develop because of stimulation, like lights and sound (especially the sound of their parents' voices).

Touch is so important that babies who are rarely touched or played with have smaller brains! The greatest amount of brain development is between birth and three years.

Young parents often ask, "If I pick her up when she cries, won't she think she can get whatever she wants by crying?" This old idea simply isn't true. Yes, she'll cry when she needs something, and she will learn something from the parent who answers her cries. She'll learn a basic sense of trust in her world. And that sense of trust is the most important thing she can learn during her first months.

By the way, research shows that babies who are picked up often during their first months cry *less* at one year of age than do the children who weren't picked up when, as infants, they cried.

So hold your baby. Pick her up when she cries. Feed her if she's hungry. Change her if she's wet or messy. Keep her clean, dry, warm (but not too warm), and fed.

> *I usually hold her, rub her face, play with her feet. She'll just look up at me. Now she smiles. Just talking about her makes me miss her.*
>
> Philip, 17 - Julia, 2 months

Talk with him *a lot.* He will learn more easily later than will the child who spends these early months lying in a crib or sitting in an infant seat not doing much of anything. So *keep talking!*

Enjoying Your Infant

> *When Jenilee cries I pick her up and hold her against my chest with her face where she can hear my heart beat. Or I walk her while I'm standing up. She likes me to walk around with her. Or I start talking with her. She likes to listen to my voice.*
>
> Lacey, 16 - Jenilee, 1 month

The most important part of caring for your baby is getting to know her — bonding together as closely as possible. If you interact a lot with baby, hold her, talk to her, carry on conversations whenever she's awake, you'll find the bonding happens just the way it should.

Focus on your newborn's comfort. When he's hungry, he wants and needs to be fed *now*. He may hate wet or messy diapers, or he may not seem to notice. If he doesn't like them, he lets you know by crying. Even if you've fed and changed him, and you know he's neither too warm nor too cold, he may still cry. He may be a colicky baby who just cries more than some babies do. (See page 61.)

If she cries after being fed, is it possible she still needs burping? Most babies can burp when you rub or pat their backs gently for a minute or two. Others need to have their backs patted or rubbed for a longer time. (See pages 31-32.)

Don't worry about spoiling him. Being there when he needs you helps him learn to trust his world. If he trusts his needs will be met, he's likely to cry less in the future.

Important Note

Sometimes you'll do everything you can to help your baby be comfortable, and she'll still cry. Always remember she is *not* crying to upset you. She isn't crying because you've spoiled her. She's crying because it's the only way she can tell you that she needs you.

Sometimes taking her outside will help. She may stop crying if she has something new and different to watch. A ride in the car (safely secured in her carseat) may calm her. Some mothers report their babies fall asleep almost the instant the car starts.

Some babies go to sleep most easily when they're in their swing. Soft music might help. A little music box beside their bed soothes some babies.

Perhaps She's Lonely

The first two weeks are the hardest. He woke up every hour, and it was very frustrating for me. After about two weeks he started waiting two hours before he'd wake up, but he still doesn't fall asleep until 2 a.m. I'm still very tired.

Tiana, 15 - Francisco, 3 months

If he cries and nothing seems to work, perhaps he's lonely. Have you ever thought about what it must be like to be able to do nothing except lie in a bassinet by yourself? For nine months, you've been carried securely in your mother's uterus, then suddenly you're outside. And you're expected to sleep by yourself with no human contact. That's quite a change for your baby!

Perhaps he simply wants to be held. Do you have a rocking chair? Use it! A rocking cradle is also nice for a baby. Sing to him as you rock him.

Babies like to be held close. Our friend, when her baby cries, sets him way out on her knees and bounces him up and down. He just cries harder because he doesn't like it. Poor little baby, I feel so sorry for him.

When Stevie cries, we pick him up and hold him close and love him. I think that's pretty important instead of sticking him out there on your knees.

I love rocking Stevie. The one thing my mother insisted on buying before he was born was that rocking chair, and now I know why.

Alison, 18 - Stevie, 2 months

If money for baby things is limited, your baby would undoubtedly rather you'd buy a cheap unpainted or used crib *and* a rocking chair, rather than just a fancy crib.

Bathing Your Newborn

When I gave her her first bath I was scared. I bathed her in a little tub thing in the sink. She didn't cry the first time, perhaps because she was used to being inside the womb. When I finished I wrapped her in a whole bunch of towels. She was still slippery.

LaTasha, 16 - Tajanell, 6 weeks

Until your baby's umbilical cord drops off, she shouldn't be put in water. Just give her a "sponge" bath. Lay her on a towel in a warm room and wash her with a soapy washcloth. Then rinse her off thoroughly and dry her.

After the cord drops off, you can give baby a real bath. Wash his head and face first. Don't use soap on his face, but wash his hair with plain soap or baby shampoo at least once a week. After you've washed and dried his face, use your hand to lather the rest of his body with plain soap. Wash the baby's genitals just as you do the rest of his body. Rinse him thoroughly, wrap him in a towel, and pat him dry. Be sure you talk to him the entire time.

If your kitchen sink is big enough, you might prefer to bathe your baby there. It's a comfortable height, and you don't have to lift the tub to empty the water. You have to be extra careful not to let baby slip and get hurt on the faucets.

If you live in a family home with a lot of different people, however, using the sink may interfere with their routine. If you do wash baby in the sink, clean it thoroughly before and after her bath.

Always test the water to be sure it isn't too hot. Stick your elbow in it. It's more sensitive to temperature than your hands are.

Never leave baby alone in her bath.

First bath? He didn't like it. He screamed and cried and it scared me. I still haven't found a good

technique because he doesn't like to take baths.

For the first month and a half I just gave him a sponge bath like I did when he was first born. He doesn't mind that. My mom and my grandmother think it's kind of silly. They thought I should just give him a bath, but I feel whatever works for me and him is the best thing so . . . the sponge bath worked well.

Brooke, 18 - Blair, 3 months

Even though some infants find bathtime relaxing and soothing, a lot of tiny babies don't like their bath. Sometimes when you put her in the water, she may shiver. If she does, shorten her bath, then wrap her in a towel. And there's nothing wrong with bathing a baby by using a washcloth to wash her while she lies on the towel, as Brooke did. And babies don't *have* to have a bath every day.

Of course you'll clean her bottom thoroughly when you change her. A daily bath is a nice part of her routine — if she's okay about it. If she hates it, bathe her every other day, perhaps only a sponge bath for a little longer.

Don't try to clean any body opening (nose, ears, navel) with cotton-tipped sticks. Anything you can't clean with a corner of a washcloth doesn't need cleaning. You don't need to use cream, lotion, or powder on baby's body either. In fact, some of these products may irritate her skin. Clean babies smell good without the help of these items.

Don't worry when your baby touches his/her genitals. S/he's curious about this part of his/her body. Touching the genitals is as normal and certainly as harmless as touching one's nose.

The Diaper Question

Disposable diapers seem to be used "by everyone." They're easy to use, and often are considered simply

another necessary expense of baby care. It's still possible, however, to buy cloth diapers and wash them yourself. You'd spend less money. Cloth diapers are also kinder to our environment.

I use cloth diapers because of the money. Every week I had to buy a bag of diapers — nearly $100 a month! For 88 diapers it's over $20. I started using cloth when he was two or three months old.

I think a lot of girls use the disposables because they're lazy. They think changing cloth diapers is gross. Sometimes they're afraid they'll stick the baby with the pins. I use the cloth kind with the velcro.

Delia, 15 - Kelsey, 7 months

Before you decide whether to use a diaper service, disposables, or diapers you wash yourself, figure out the comparative cost in your area.

Most of us would find several hundred extra dollars quite welcome at the end of the year. That's the difference in cost between using disposable diapers or the wash-your-own kind. If you have good laundry facilities, washing diapers isn't hard. And you can always fold them while you watch television.

I use cloth diapers. I don't like disposables. Robin gets rashes from paper and not from cloth diapers. If you rinse them out, they don't stink. I put them in the washer before school, and put them in the dryer when I get home. I fold them after she goes to sleep.

Melinda, 15 - Robin, 9 months

He May Like Swaddling

Sometimes swaddling helps a fussy baby. This practice of wrapping baby tightly in a blanket is common in many cultures. After being somewhat cramped before birth, baby

may feel more secure if she is wrapped snugly.

To swaddle a baby, center her on the blanket with her head just over one edge. Pick up an upper corner of the blanket and bring it down diagonally over her shoulder. Her elbow will be inside, but one hand should be free. Tuck the corner under baby's knees.

Pull up the other side of the blanket and fold it snugly over baby. Lift her a little so you can put the edge of the blanket under her.

You'll have a snugly wrapped baby, and you may have a more contented baby. In fact, some infants will sleep better if they're swaddled as they're put to bed.

Be Sensitive to Her Needs

When Stevie is asleep, we let him sleep. A lot of people don't realize this. I've seen friends wake their babies up just because they have company.

I think it's important to pick him up when he cries. Or if he's awake and not crying and you want to pick him up, fine. But not when he's sleeping. It's just as important to let him sleep as it is to pick him up when he cries.

Alison

Your newborn infant is a very interesting person who knows more than we used to realize. This is when you begin to be a big influence on your child's behavior. The kind of home you have and the things you do are important to your baby. You have an exciting challenge as you care for her, teach her, and love her.

For more information, see Your Baby and Child from Birth to Age Five by Penelope Leach (Knopf).

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Guarding baby's health and safety is an important part of parenting.

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5

Guarding Your Infant's Health and Safety

- **First Doctor's Appointment**
- **Baby and Jaundice**
- **Thrush Can Affect Infants**
- **Babies and Colic**
- **Dealing with Diaper Rash**
- **Importance of Immunizations**
- **Calling Doctor**
- **Diarrhea Can Be Serious**
- **Hernia? Check with Doctor**
- **Dealing with Fever**
- **Common Colds**
- **Keeping Baby Safe**

Julia has an ear infection. Normally she sleeps all the time. Once she started staying awake and she was cranky, we figured she was sick.

We took her to the doctor and he prescribed medicine for the ear infection. Now it's clearing up.

Philip - Julia, 2 months

Francisco was congested for about two weeks. He was coughing and gagging a lot, and every two minutes, I'd have to clean out his nose with a bulb syringe.

I felt so sorry for him, but he's okay now.

Tiana, 15 - Francisco, 3 months

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Note: If your baby was born prematurely or has other special needs, please see chapter 9, ***Your Pregnancy and Newborn Journey,*** for additional health care information.

Her First Doctor's Appointment

Health care is changing. Families may have their health care provided by a doctor, nurse practitioner, a physician's assistant, or other specialist. These people are sometimes referred to as *healthcare providers.* Both "doctor" and "healthcare provider" are used here to mean health professional.

You probably selected your baby's doctor/medical plan before your child was born. Healthcare providers generally have you bring the baby in when she's about two weeks old, sometimes much sooner. At this visit it's good to talk about any troubles at all with feeding. If you have concerns with the baby's navel (belly button), if you suspect hernia, or if you have other worries, tell your healthcare provider.

It's a good idea on your first visit to the healthcare provider to learn the names of the various people working there. If you know the names of the receptionist and the nurse, you can call them by name when you telephone. If you do so, you're more likely to get a friendly response.

Above all, don't be afraid to ask questions. Write down everything you want to discuss with your healthcare provider. Is he always in a hurry? Stop him and say, "Wait. I have these questions, and I need your help."

If you briefly describe whatever is worrying you, he'll take time to advise you. If he doesn't, perhaps you need to look for another doctor who will answer your questions.

You are the case manager for your child's medical needs. Keep all the information together in a notebook so you can grab it when you take your baby to the doctor. Some mothers keep this notebook in the car so they'll have

it with them.

Start with recording your baby's length and weight at birth and periodically thereafter. If you know your baby's blood type, write it down. Most important is to keep a record of your child's immunizations. You'll need to have this record when he starts school.

Write down the dates of your child's illnesses and briefly describe symptoms. This will help you provide information to your healthcare provider.

Be sure to keep the notebook up to date. If you're in a managed healthcare plan, you may see a different doctor each time you go. With the notebook, you'll communicate better with the doctor. He will treat you differently because you'll be seen as a capable young parent. That's better for both you and your baby.

If Baby Has Jaundice

Mia noticed Isabel was looking kind of yellow. When we took her back for her two-day check-up, the doctor said she had jaundice. It was hard for us because this was our baby and we didn't want anything to happen to her.

We took her down to the lab and they took blood from her. They called later and said she was on the borderline. They said to make sure she ate and pooped and to get her in the sun by a window for half an hour.

We'd undress her except for her diaper and put her in the sun for 15-30 minutes. Gradually the jaundice started to disappear. Within a week she was back to a normal skin color and her eyes were back to normal.

Mike, 18 - Isabel, 6 weeks

Thirty to fifty percent of all full-term and eighty percent of premature babies develop jaundice which causes their

skin or the whites of their eyes to get yellowish. There are several causes, most of which have to do with the baby's immaturity.

Should your baby look yellowish, check with the doctor. Extra blood tests will be given, and the treatment could be as simple as feeding baby more often. Occasionally, special lights may be used to get rid of the yellow skin color.

The best treatment for jaundice that first week is to breastfeed often, at least every 11/2-2 hours. Put your baby near a window to sleep during the day because daylight helps the baby get rid of jaundice. Don't put baby in direct sunlight, however. If the room is warm enough, dress baby only in a diaper so the light can get to his skin.

Thrush Can Affect Infants

The visiting nurse said, "I think she has thrush on her tongue." She told me to get to the doctor for treatment. At first I was all scared because this is the first thing she'd had.

They gave me a prescription and said to apply it on the insides of her cheeks inside her mouth. They said it was okay if she swallowed it.

A couple of days later she had a diaper rash, and they said it was connected to the thrush. They gave me the same medicine, but in an ointment. The rash cleared up right away.

LaTasha, 16 - Tajanell, 6 weeks

Thrush looks like patches of milk scum on the tongue and inside the cheeks or on the roof of the mouth. Unlike milk, it does not wipe off easily. If the patches don't wipe off, call your doctor. Treatment will be simple.

This can also cause a diaper rash. This, too, can be easily cleared up with medication.

Babies and Colic

She had colic when she was little, about two hours at night. I figured out what made her calm. Like about a half-hour into her crying, after carrying her around, I would give her a bath. The water calmed her down. You have to find what she wants, like finding an itch.

Aimee, 17 - Amelia, 10 months

Some babies cry and cry, and it seems impossible to comfort them. Such a baby may have colic. If he does, he may seem to have a stomach-ache and have attacks of crying nearly every evening. His face may suddenly become red; he'll frown, draw up his legs, and scream loudly. When you pick him up to comfort him, he keeps screaming, perhaps for 15 to 20 minutes. Just as he is about to fall asleep, he may start screaming again. He may pass gas.

No one knows what causes colic. It generally comes at about the same time every day. During the rest of the day, the colicky baby will probably be happy, alert, eat well, and gain weight.

If your baby seems to have colic, check with your doctor to see if anything else is wrong. If not, make sure baby isn't hungry, wet, cold, or lonely. During an attack of colic, holding him on his stomach across your knees may comfort him. Sometimes giving him a warm bath helps. There are also some medicines that may help. Ask your doctor.

The good news about colic is that baby will grow out of it by the time he is about three months old. In the meantime, he will be harder to live with because of his colic. Comfort him as best you can, and look forward to the time his colic ends.

Dealing with Diaper Rash

The best way to deal with diaper rash is to prevent it as much as possible. Change baby during the first month or

two before every feeding or more often if he has a bowel movement. Some diapers agree with certain skins better than others, so try all the brands. (Start with the cheaper ones.) Or use cloth diapers.

Change your baby often. Wash her with clean warm water or wipes when you change her. Pat her dry, especially in the skin creases. The main cause of diaper rash is the ammonia in the urine coming in contact with air. If she gets a rash, it's even more important to wash her thoroughly each time you change her.

If you have a baby girl, always wipe from front to back to keep germs from getting into her vagina. If you have a boy, clean around his penis and his genitals. If he's not circumcised, don't try to pull the foreskin of his penis back to clean him. It will be several years before the foreskin is loose enough to pull back for cleaning underneath. Just clean the exposed areas.

If he was circumcised, follow your doctor's advice on caring for the circumcised area. It should heal in a week.

> *The first week I used baby wipes, and he looked like he was getting a diaper rash. I started cleaning him with a washcloth, and the redness went away.*
>
> LaTanya, 18 - Latrelle, 4 weeks

It isn't necessary to use baby powder. If you do, it may cake in skin creases and cause soreness. Even more important, don't shake it directly on baby. Instead, if you must use it, put a little in your hand first, then pat it on the baby. Baby powder shaken in the air can hurt baby's lungs.

There are both prescription and non-prescription remedies for diaper rash. You can get these either as powder or ointment. The ointment gives longer protection.

If baby has a bad diaper rash, let her go without a diaper as much as possible. If she's warm enough, let her nap

without a diaper. The air on the rash will help clear it up. You can protect her bed with waterproof sheeting.

To repeat, it's easier to prevent diaper rash than it is to get rid of it. For your baby's comfort — and your peace of mind — change her often. And clean her thoroughly each time you change her.

Some diaper rashes occur when a baby is taking an antibiotic. Tell your healthcare provider, and she may recommend a special cream to use each time you change her.

Importance of Immunizations

Sometimes babies are sick. They have colds, fevers, and other illnesses. Later in this chapter, you will find suggestions for dealing with these usually minor illnesses.

There are other serious childhood diseases, diseases that your child need never have. It's up to you because your healthcare provider can immunize him against such diseases.

During the first eighteen months it is important to be sure your baby's immunization schedule is followed. In the past many babies died in the first year or two of life from

Baby needs extra cuddling when she's not feeling well.

serious illnesses that now can be prevented by these immunizations.

Now, during baby's first month, make an appointment for his first series. Here's what your child will need:

• **Hepatitis B** is given in a series of three injections. Usually the first is given on baby's first day after birth, the second at one to two months, and the last one at six months. Baby must have all three.

• **Diphtheria, Tetanus, Pertussis (DTaP)** is also given in a series of three at two, four, and six months with a booster (Td) between 15 and 18 months.

• **H. influenzae, type b (Hib)** is another series of three. This is often given in the same injection as the DTaP and is then called HDTaP.,

• **Rotavirus (Rv)** is a new vaccine that prevents diarrheal diseases. It is given at two, four, and six months.

• **Polio (IPV)** is a red liquid given by mouth or injection at two and four months. A third dose is given between six and 18 months.

While this may seem like a lot for baby, it is important to remember that all of these diseases can cause death or very serious illness in children. When I (Jean B.) was a young nurse, I remember having a baby cough himself to death in my arms from pertussis. I felt especially sad because even then his death could have been prevented if he had just been immunized. *Don't take a chance with your baby!*

As mentioned, it is also *very important* to keep the records of your child's immunizations. If you lose it, get another one right away. When your child starts school, the school will insist on having this information. It may be hard to get it several years later.

Immunizations are free at the health department. They may be given by the health department at local parks. If

you don't know where to take your baby for his shots, ask your school nurse for a recommendation.

For more detailed information about your baby's immunizations, see ***Your Baby's First Year*** by Lindsay.

Calling Baby's Doctor

You call the doctor when you don't know what to do because there's something wrong with the baby. He might get upset if you overdo it — mine did once, but better safe than sorry.

Sometimes, if I'm worried but don't think there's much wrong, I go to another mother before I call the doctor. If Robin has a fever or seems sick, I call.

Melinda, 15 - Robin, 9 months

When should you call your baby's healthcare provider? If you take baby's temperature under his arm (safer and less disturbing to the baby than is sticking a thermometer into his rectum), and it reads more than 101 degrees, call.

The best way to take underarm (called axillary) temperature is with a disposable or digital thermometer. These are available in drugstores. If possible, use them to take baby's temperature. Otherwise, use a glass thermometer.

If your baby gets a sudden unexplained rash, call your healthcare provider.

Many babies spit up occasionally during the first two months. This is generally a combination of lumps of partially digested milk combined with watery-looking fluid. They do this because their digestive tract is not completely mature. This happens more often with premature babies. He will spit up less if you give him frequent small feedings and handle him extra gently after feeding.

Generally, this occasional spitting up is nothing to worry about. But if baby, after every feeding, suddenly vomits most of his meal, call his healthcare provider immediately.

Before you call your doctor, make some notes about your baby's condition. Then you'll be able to describe his symptoms more accurately:

- Is he coughing? For how long?
- Has he lost his appetite?
- Does he have diarrhea?
- What is his temperature?
- Has he been exposed to any diseases? Has he received the immunizations he should have had by this time?

If your healthcare provider prescribes medication for your baby, be sure to ask if you should give baby all the medicine that's in the bottle, or if you give it only for a certain number of days.

Diarrhea Can Be Serious

Diarrhea, which can be a serious problem for a baby, is not diagnosed by the number of bowel movements the baby has each day. More important is the consistency of the BM.

Diarrhea: a thin, watery, foul-smelling discharge

If baby has this condition for as long as twelve hours, call the healthcare provider. A baby with diarrhea can quickly lose a dangerous amount of fluid. Check his fontanelle (soft spot). A sunken fontanelle may indicate a serious problem.

Diarrhea is best treated by giving the baby clear liquids and nothing else for 24 hours. Liquids you should give him include Pedialyte (non-prescription liquid you buy in the drugstore or grocery store), clear water, or water mixed with apple juice (one tablespoon apple juice to 8 ounces of water). Feed him liquids as often as he'll take them. If you're breastfeeding, continue to do so.

Hernia? Check with Doctor

If you think your baby might have a hernia, check with your healthcare provider.

Hernia: a bulge around the navel or the seamline between the leg and the tummy

You're most likely to notice it after baby has cried a lot or strained to have a bowel movement. Sometimes it will go away by itself, but occasionally it requires simple surgery. If your doctor recommends surgery, it's usually done during the second year of baby's life.

Dealing with Fever

Fever is one of the early signs of illness in a baby, and you shouldn't ignore it. What can you do about fever at home? Give the baby Tylenol or other non-aspirin pain reliever as recommended by your doctor.

Cooling baths are another way to bring fever down. If baby shivers while you're bathing him, it's too cold. A good way to do this is to put a towel in lukewarm water.

Taking underarm temperature with a digital thermometer works well.

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Then wrap the baby in the wet towel. It helps bring his temperature down, and he's less likely to shiver.

Lukewarm water is the best thing to use. Don't use alcohol. The fumes can be dangerous for baby to breathe.

It's also important to give your child liquids when he has a fever. If it's a sore throat that's causing his fever, your baby may not want to do a lot of sucking.

> *That one throat infection Lynn had was terrible. I took her to the doctor, and they gave me Penicillin to give her.*
>
> *She was really sick — she couldn't keep anything down. She couldn't suck the bottle because her throat was so sore. She cried a lot. We'd go to sleep, and she'd wake up 15 minutes later. Her crying got on my nerves, but when I picked her up, she'd quit crying.*
>
> Sheryl Ann, 17 - Lynn, 7 months

When your baby has an ear infection, call your health-care provider. While a non-aspirin pain reliever can take away some of the pain and the fever, it doesn't kill the germs causing the infection in the ear.

On one of your first visits, ask the doctor what to do if your baby gets an ear infection. Some healthcare providers want to see the baby right away. Others may recommend some things you can try first such as a decongestant. Do whatever is recommended, but don't ignore this illness.

As discussed in chapter 2, many infants' ear infections are caused by propped bottles.

Colds Are Common

Most children catch a few colds during their first two years. Colds are most contagious the first couple of days, sometimes before the carrier knows he's sick, so it's impossible to protect your child completely from getting colds.

When Evan was three weeks old, he caught his first cold. Marlene kept a record of those days:

9/4: Today Evan has a slight cough. I hope it doesn't get worse.

9/5: Evan got the sniffles and his cough is worse. When I feed him, he'll cough, and it seems like he's choking. It scares me.

9/6: Evan's cold is getting worse. His nose is plugged. I called the doctor, and she told me to use normal saline and put it in his nose because he has a hard time breathing. I'm gonna take him to the doctor tomorrow because I want to make sure. My mom is helping me out.

9/8: Today Evan woke up around 9:00 and slept through most of the day. He's still coughing. His sniffles are getting a little better but he still gets plugged up from time to time. During the night, as usual, he's a grouch, but I finally got him to sleep by holding him in my arms and singing to him like I usually do.

9/9: Evan is a month old. He stays awake a lot. I don't mind that. It's the crying I could live without.

9/10: I wish his cold would go away. The doctor said we can't give him any medication because he's too young. I feel so sorry for him because it seems like he's having such a hard time.

9/12: He's still sick. He stays up so much, and he's always crying. I hate his cold. I don't have time these past few days to do anything because he's always awake and crying because he doesn't feel good.

9/14: Finally he's feeling better.

Neither you nor your healthcare provider can "cure" your child's cold — there is no known cure. You can help

him be more comfortable. If he has a fever or headache, Tylenol may help.

If he has a runny or stuffy nose, use normal saline and a bulb syringe to clean the discharge from baby's nose. Normal saline is available from the drugstore without a prescription. The hospital probably gave you a bulb syringe for this purpose for baby.

Decongestant medicine may also make him feel better. If his nose is sore, cream or ointment on the area is soothing.

If he's coughing, your doctor may recommend cough medicine. If he has a stuffy nose, a cold-mist humidifier will help him breathe more easily. The old-fashioned steam vaporizers are dangerous, and they don't work as well.

If he doesn't want to eat, don't worry. When he's feeling better, he'll be hungry again. Encourage him to drink water.

How often your child has a cold depends on two things: the number of people with colds to whom he is exposed, and his own resistance.

Stuffy noses can be due to allergies. If a mother smokes during pregnancy, her baby is at greater risk for developing asthma and other allergies. When an infant or child breathes second-hand smoke, it can have the same effect. A smoke-free home is a wonderful gift to give your child. Not having to breathe smoke means he's less likely to get sick with a respiratory problem.

A lot of allergies disappear in time as baby becomes more adjusted to life on the outside. Therefore, most doctors don't start serious allergy testing until a child is much older, usually school age.

Keeping your baby as healthy as possible is one of the challenges of parenthood. First, do all you can to ensure she has a good diet, gets plenty of sleep, and receives other good physical care in addition to an unending supply of love.

When she doesn't feel well, call your healthcare provider. Help her be as comfortable as possible. Hopefully, she will soon be her happy, active self again.

Keeping Baby Safe

Accident-proofing your home is *absolutely* essential if you have a baby, toddler, or preschooler living there. Accidents injure and kill many young children every year. Keeping your child safe is one of your biggest challenges.

Never leave baby alone on a changing table, bed, or other off-the-floor surface for a second. The baby who couldn't turn over yesterday may do so today.

When you visit friends, put your tiny baby's blanket on the floor. She can nap there as well as she could on the bed, and she'll be much safer. She can't fall off the floor. Be sure she's protected from house pets and small children.

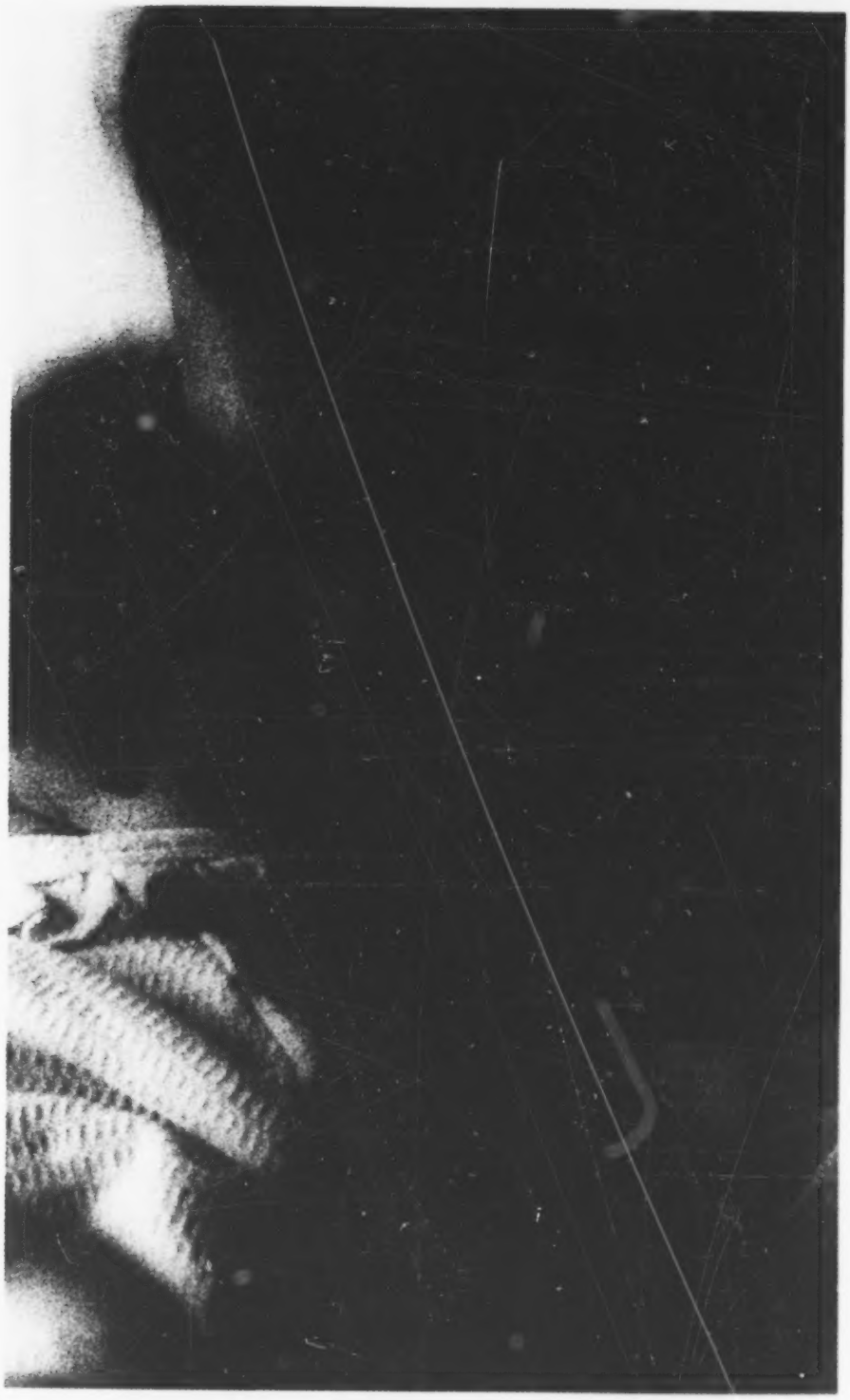
Your baby should not have a pillow in her bed. A pillow could cause a breathing problem if she got her face buried in it. If grandma made a beautifully embroidered pillow for her, appreciate it, but keep it out of her crib.

Until she can turn over by herself, always lay baby on her back to sleep. This lessens the danger of SIDS (Sudden Infant Death Syndrome).

A propped bottle is dangerous for infants. Baby could choke from her formula coming too fast from that propped bottle. She could also choke on milk curds if she should spit up. She might be unable to clear her throat.

Never leave your baby alone in the house, even if you're sure she's sound asleep. And *never* leave him alone in the car!

Making sure your infant is safe in your home, in your car, everywhere he goes, is a big responsibility. Know that, at this point, your baby depends on you for *everything*!



Baby and Dad are bonding together.

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6

Dad's a Parent, Too

- **Everyone Wins If Dad's Involved**
- **Father's Rights**
- **Responsibilities as a Father**
- **Sharing Care of Your Newborn**
- **If You Don't Live with Your Baby**

I was excited. For so long Mia and I were rubbing her stomach and talking to the baby — and then finally Isabel was born. It was a joy I'll never forget. I was there from the contractions to the time she was born, and I stayed in the hospital with her and Mia.

It was kind of rough. We weren't used to somebody waking us up in the middle of the night.

Taking her home was exciting. I stayed at Mia's house the first night. After that I'd go home about 1 a.m. I was kind of jealous because Mia got to stay 24 hours with the baby. I wanted to be there.

Mike, 18 - Isabel, 6 weeks

Everyone Wins If Dad's Involved

Many young mothers parent their child alone. This book is written for them. It is *also* written for:

- Young couples who are parenting their child together.
- Young fathers who are involved with their child, or would like to be, whether or not they are still "with" their child's mother.
- Teen fathers who are parenting alone.

If you and your baby's mother aren't married, it's important that you "establish paternity." This means that you both sign legal papers stating that you are the father of your child. If you don't, your child might not be able to claim Social Security, insurance benefits, veteran's and other types of benefits through you.

Your child needs your love and care. He also needs your financial support. Both parents are required by law to support their child.

Father's Rights

If your baby's mother doesn't want you to see your baby, what are your rights?

If the baby's father is providing some financial support — and usually even if he's not — he has a right to see his baby. Legally, he may be able to have his child with him part of the time. If the young parents disagree on this matter, they should talk to a lawyer or legal aid group.

If your baby's mother doesn't want you to see your baby, perhaps you can do something about it. First, have you declared paternity?

Fathers have a right to see their child, and sometimes they need to take the initiative. It's a good idea to keep a record of your visits with your child, and to get written

receipts for the money you provide for child support. This information could help if you ever need to prove in court your interest in your child.

Your Responsibilities as a Father

It's important that you do all you can to support your family financially. You probably need to get a job as soon as possible. Continuing your education, however, is also extremely important.

Do you have health insurance? If so, check to see if it covers your baby, too.

Sometimes fathers have jealous feelings after their baby is born. Your partner may seem totally absorbed in the baby and have no time left for you. Perhaps she seems exhausted much of the time. Your best defense is to be as involved as possible with her in caring for your child.

If she plans to breastfeed your baby, she'll need your encouragement and support. See chapter 2.

Even if you can't offer financial support now, you can be involved in the care of your child. If you're both in school, you may need to set up a schedule for child care which will allow time for each of you to do your homework.

Sharing Care of Your Newborn

That first week all my attention was on the baby, nothing else. Basically, both of us just tried to bond with her throughout that whole week. For me it was even more because I knew the next week I'd have to get back to work and to school

When I went back to work, I felt bad. I got kind of jealous because I wanted to be there so much. They were constantly on my mind. I'd sneak in a call now and then just to check on the baby.

Mike

Your baby undoubtedly is a charming little person much of the time. Caring for him can be rewarding for you and for him. In fact, this can be a very special relationship for father and baby.

Having a tiny baby in the house, one who is awake and crying much of the night, makes it hard for either parent to get enough rest. Expecting mom to care for the baby by herself is not very rational. Caring for a baby takes a lot of energy. When mom and dad share the work, they are more likely to share the joys of parenting.

If You Don't Live with Your Baby

Every time I don't work, about two mornings a week, I always have Julia.

I started taking her home about a week after she was born when her mother went back to school. Julia sleeps the first couple of hours, then I change her and feed her. I always hold her while I feed her. I'd never prop the bottle.

I've taken two classes on parenting, and they helped.

Philip, 17 - Julia, 2 months

You may have a close relationship with your baby's mother even if you're not living together. Perhaps you took prepared childbirth classes together. You may have been deeply involved coaching mother through labor and delivery. Perhaps you're caring for the baby as much as you can.

If baby's parents are not married, how much "should" father be included? If the young family lives together, they probably feel much the same about joint parenting as do married couples. If they don't live together, there is no pattern cut and ready for them to follow. Dad, however, can still play an important role in his baby's life.

Work out an arrangement so that your baby's mother also has some free time. Too often, the young mother is saddled with the entire responsibility of caring for the baby while the father doesn't even get to see his child. When this happens, everyone loses.

Sometimes the father feels left out because mom appears to know more about caring for their baby than he does.

> *Brooke acts as if I'm the babysitter, like I'm not his father. She finally lets me change him and feed him. At first she hovered over me like I didn't know what I was doing and like she had raised so many kids. All she'd done was help people out, she hadn't raised them.*
>
> Joel, 19 - Blair, 3 months

Probably the best thing for Joel to do is become an expert himself. He's far more than the babysitter, and he knows it. He and Brooke need to talk through these feelings. Probably Brooke will become a little less nervous, and, therefore, less bossy as Blair gets a little older. One thing is sure — nobody would win if Joel decided to quit caring for his son because he thinks the mother isn't as positive as he'd like.

> *I'm going to do for Blair what I didn't get. My father wasn't always doing right. He wasn't around much. I took that into account, and I'm going to be a better father than I had.*
>
> Joel

Your child and you both win if you stay involved in his life. *Enjoy!*

For more information, see ***Teen Dads: Rights, Responsibilities and Joys*** *by Lindsay (Morning Glory).*

Sometimes Mom must parent alone.

7

Focus on Mom and Extended Family

- **Filing for Child Support**
- **Other People's Comments**
- **Help from Grandma**
- **"Who's My Mother?"**
- **Key — Taking Responsibility**
- **Moving in with Partner's Family**
- **Will Everyone Agree?**

I would feel even more alone if the father had been with me throughout pregnancy, then left. But he left three months after I got pregnant. I'm not in touch with him at all. He's entirely out of the picture.

Sometimes I see a friend with her boyfriend and baby, and wish Orlando had a father. But other times I wonder if I'd want to share!

Holly, 17 - Orlando, 5 months

It makes it hard being the father and mother at the same time. It would help to have a father around, but there is nothing I can

do about it. When Pedro grows up, I don't know what I'll tell him. His father never knew I was pregnant. I put "unknown" on the birth certificate.

My big brother is around, and he holds him. I think that will help.

Maria, 17 - Pedro, 2 months

About five out of six teenage mothers are not married when they give birth. Some of these young mothers are quite alone. The baby's father may have left when he learned of the pregnancy. In some cases, he may not even know about the baby.

Maria had a tough time for three years. She lived at home, and managed to go to school fairly regularly. When Pedro was three, Maria married Ralph (not Pedro's father). They now have four children including Pedro.

The fact that your child's father is not around doesn't mean your child will never have a father. A "real" father is a dad who is actively parenting. Ralph is Pedro's real father because he is the one who has taken that role.

Filing for Child Support

I want to get full custody of my daughter. I want to make sure that he won't take her from me later on. I feel very sad and disappointed because he says he cares about my daughter and that he wants to see her all the time, but he has only been able to see her three times. We live only five blocks away from each other, but he doesn't find the time to come see her. His mom comes to see her all the time but he doesn't.

Lacey, 16 - Jenilee, 1 month

Lacey isn't sure she wants to file for child support. Some young mothers choose not even to name the father of their baby. They don't file for child support. "I can do it on my

own," they say.

This isn't fair to the child. Even if the father has no job and no money now and you don't think you want your child to know him, it's still important that he not be shut out of his child's life forever.

If the baby's father is providing some financial support, and sometimes even if he's not, he has a right to see his baby. Legally, he may be able to have his child with him part of the time. If the young parents disagree on this matter, they should talk to a lawyer or legal aid group.

Both parents are required by law to support their child, whether or not they planned to have a child together. A child supported by only one parent is likely to be poor. As mentioned in chapter 6, he has a right to benefits from both parents, benefits such as Social Security, insurance benefits, inheritance rights, veteran's and other benefits. You need to establish paternity so that your child will be able to claim such benefits. In some states, paternity is established by both mother and father signing a legal paper saying he is the father.

If the father refuses to admit paternity, you may need to go to court. Blood tests are almost 100 percent accurate in identifying the father of a child. The blood tests are genetic tests which compare many different factors in your blood with similar parts of the man's and the child's blood.

Other People's Comments

Being alone during pregnancy and afterward is extremely difficult for many moms. Other people may make it even harder:

When you see someone with the father, you just want to cry because you aren't going to have a father for your baby. I'd hear all of these girls talking about

the baby's father, and how we aren't together.

They would ask me questions like "Are you with the baby's father? Are you going to get married?" You have to answer them, and it's embarrassing. Sometimes you want to cry right then. Sometimes they know they brought up a sad subject and will try to talk about something else.

Goldie, 17 - Jimmy, 3 months

You *don't* "have to answer them." It's okay to say, "I'd rather not talk about it." You don't owe people an explanation. On the other hand, sometimes it helps to talk about our problems with someone we trust. When you're parenting alone, having the support of a few close friends can help a lot.

About half the children in the United States today will spend at least part of their lives in a one-parent household. Most people still think it's better for a child to have two parents who care about each other. But a single parent can certainly be a loving, "good" parent. It just takes a little more effort.

Help from Grandma

My mom tells me little things — like she noticed Isabel's bottom was getting a little red. She said I should put a little Vaseline there. I did, and it went away. The first time I made her bottle, I was crying and didn't know how to do it. My mom said, "No, this is how you do it." And she walked me through it.

Mia, 18 - Isabel, 6 weeks

Very young parents, married as well as single, are more likely to live with their parents than is an older parent. How does this change their approach to baby care and

child rearing?

On the positive side, it is often reassuring as well as less tiring to have some help with baby care. New parents may suddenly feel they don't know how to take care of this small creature. Having your mother in the same house can be comforting. During the early weeks of night feeding, she may even be willing to take an occasional turn at getting up with the baby while you sleep.

If baby's father isn't around, you may need more help from grandma. Many young mothers who live with their parents find the first couple of months with a baby somewhat of a "honeymoon" period. Your parents may be eager to help you.

> *I got frustrated one night. Isabel was hungry, but I wanted to change her first because she had pooped. She started screaming, and she got her foot in the poop, and I got upset. My mom said, "Can I help you?" She got the bottle for me, and said, "Calm down." That helped.*
>
> Mia

If you have brothers and sisters, they may fight over who gets to hold the baby next. Appreciate their help even as you do as much as possible for your baby.

> *My little sister and brother like to hold Tajanell. Occasionally they get mad and argue, "It's my turn to hold her." Sometimes they feed her, or they hold her while they're watching TV.*
>
> LaTasha, 16 - Tajanell, 6 weeks

"Who's My Mother?"

The neat thing about grandmas is that they're experienced. They've learned from their mistakes. They take

time, and have learned how to be patient with a fussy baby.

The not-so-good news is that sometimes grandparents take on too much responsibility. They may appear to forget who the mom is.

If grandmother takes over in the beginning, it may be hard for baby's own mother to take charge later. The result in many families is a baby who thinks grandma is her mother. Baby's mother then feels left out and resentful. Most hurt may be the baby who isn't sure who mother really is.

I catch my mother occasionally playing the mother role. I can understand that because she has the experience. Besides, I really need that when I'm tired or don't feel good. But other times I don't like it.

I'll be playing with Karl, and she'll come in and pick him up and take him off with her. I don't like that at all.

Sometimes I have to explain to my mom that I have taken on this responsibility of being a mother, and I want to do it the whole way. I know when Karl is hungry, when he needs a bath, etc., but my mom still tries to tell me to do all these things. I try not to let it bother me — but it does.

Kimberly, 17 - Karl, 2 months

Key — Taking Responsibility

I thought it would be my mom taking care of Racquelle all the time. With my two sisters who got pregnant at 16, she took over. They didn't know anything about taking care of their babies.

When I brought Racquelle home, I took care of her by myself all the time. I showed my mom I could do it. So now that she knows she doesn't have to take care

of her, she will babysit sometimes when I want to go out.

Cheryl, 15 - Racquelle, 2 months

Sometimes young mothers have more help than they want. If this happens to you, perhaps you can help your family understand that all of you — your parents, siblings, baby, and you — will be better off if you take the primary responsibility for caring for your child. If you start out, tired as you are, showing them that you know how to be a good parent, they may be less likely to give you more help and advice than you feel you need.

If you're a young parent living with your parents, you may feel you have no choice. You probably also appreciate their help. An extended family of baby, mother, and/or father, and grandparents at its best means more love and TLC (Tender Loving Care) for baby — and that's great!

Living with Partner's Family

If you move in with your partner's family (whether you're the mother or father), there may be added difficulties. No two families are alike, and those differences may demand a lot of understanding on everybody's part.

If you're from a different culture than your partner, it may be even harder.

It's real hard because Colin's family are all in a different culture. I'm white, and they're Mexican. That makes it hard. They have different upbringing than I have. I feel like I'm being forced to grow up the way they grew up, and I'm not used to that.

Are we going to bring Clancy up to know both English and Spanish, or just English? I would like him to know both languages, but hopefully I would teach him to speak Spanish only to those in the family who

speak only Spanish. There are a lot of them.

I'm trying to learn Spanish, but I find it real hard to communicate with his family. When they want to know about the baby I usually go through Colin or his dad, who know both languages. I'm trying to learn it so I can talk to Clancy in both languages.

Chelsea, 19 - Clancy, 2 months

Chelsea is wise to learn Spanish, and to want their child to learn both languages. Communication is important, and that's extremely hard if you don't speak the same language.

Even if you speak the same language as your partner's family, you may have been reared with quite different beliefs and ways of doing things. Perhaps your father and mother share the housework and child care, but in your partner's family, mom does these things by herself.

Life is seldom easy when two families live together. If you're a guest of your partner's family, you'll want to do all you can to foster positive relationships. Your first task is to communicate with your partner.

Communication doesn't mean you tell him (or her) how bad his parents are. Rather, it's a matter of the two of you working together to work through the problems. Whether you're dealing with big issues or little day-to-day annoyances, do all you can to find solutions so everyone wins.

Will Everyone Agree?

My mom is really good, and she helps me a lot. But on some things I disagree with her. I don't think you can spoil a newborn baby, and I feel strongly about that. I just don't feel you can spoil a newborn. She needs all the loving she can get.

My mom tells me I shouldn't pick Patty up when she cries, but I won't let her cry very long. I tell Mom

times change, she raised five, but I've learned some things, too.

Beth, 18 - Patty, 3 weeks

Whether you are with your family or your partner's, with more people in the house, there will be more interacting. There will be more people who may wake up when baby cries. There will be more people who resent the mess of wet diapers and other baby things around.

With more people, there will be more disagreement, too, as to whether baby needs to be picked up when she cries, or whether she is simply trying to get to sleep. "Don't pick her up, you'll spoil her" can be fighting words if it's Grandma talking to a young mother who is convinced that a newborn's crying means something is wrong.

Your best defense is education. Learn how and why things happen to baby. Your informed responses to suggestions from others are great tools.

Three generations, baby, parents, and grandparents, living in the same house or apartment means everyone must give a little, sometimes a lot. When you get uptight, try to remember that all that extra love can be a real advantage for your baby.

For further reading, see ***School-Age Parents: The Challenge of Three-Generation Living*** *by Lindsay.*

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Your baby brings big changes into your lives.

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8

Baby and Parents — Changing Rapidly

- **Other Caregivers**
- **Your Partner Relationship**
- **Another Baby? When?**
- **Lifestyle Changes**

Racquelle is seven weeks old now. She looks more like a little girl, and she's a lot bigger than when she was born. At first I was holding her constantly. Now I lay a blanket down, and she's content to lie there.

Cheryl, 15 - Racquelle, 2 months

My lifestyle is entirely different. Before, I could just get up and leave and do things on instinct. But now we have to plan ahead and take about an hour getting ready to go. You plan your life, too — she's with you so your life has to be different. Especially money — you can't just be spending your money on anything you want now.

Lola Jane, 16 - Bailey, 2 months

Other Caregivers

As you care for your baby, you'll see tremendous changes during her first weeks "on the outside." You're working hard and you may be exhausted, but watching her develop makes it all worthwhile.

Especially if you're breastfeeding, you may find it easier as well as more pleasant for both yourself and your baby if you don't try to take him out much or attempt to leave without him during those first weeks.

Soon, however, you'll want to go out, do things on your own occasionally. You may need to get a job and/or improve your job skills. If you haven't graduated, you need to get back to school. If you're lucky, you live in a school district with infant care on campus.

When you leave your baby with someone else, be sure to leave phone numbers for your doctor, a caring neighbor, the fire department, the police department, and exactly how to reach you while you're gone. Put the numbers where the sitter can find them easily. Some parents leave Medicaid stickers with a sitter if they're going to be gone long.

Whenever you leave your child with someone else, it's wise to give that person a signed medical emergency card. You could state, "_____ *has my permission to obtain emergency medical care as needed for my child.*" Be sure you sign the card. Generally, medical care may not be given to a child without his/her parent's permission.

Your Partner Relationship

If you're with a partner, you may wonder about sex now that your baby is born. Guys sometimes wonder how long you have to wait, while moms are more worried about whether it will hurt, or if they even want to do it. Actually, you may be so tired those first weeks after delivery that sex doesn't even sound interesting.

It's important that you have a check-up before you begin to have intercourse after childbirth. The first time or two the tissue may still be tender, and each partner needs to be patient with the other. The vaginal opening will be about the same size it was before you ever had sex. At first, hormonal juices that help keep the area moist may not be working too well. Therefore, a lubricant such as KY jelly or the jellies sold for contraceptive purposes will help.

Another Baby? When?

Another baby? Not very soon. We're pretty careful with contraception because we don't want another baby right away. That would be hard because we'd be spending twice as much on diapers and everything else. It would make everything harder. It'll also be easier when Keegan is 3 or 4 because he'll know more. He won't cry as much. We've agreed to wait.

Randy, 17 - Keegan, 2 months

Couples need to think and talk about future family plans. How soon do you want another child? Many young mothers, married as well as single, don't want another baby right away. From a physical standpoint, their bodies need time to recuperate from the last pregnancy.

Breastfeeding won't keep you from getting pregnant. You conceive *before* a menstrual period. Even if you haven't had a period since you delivered, you can get pregnant. You could begin to ovulate as soon as two weeks after you deliver — which means you could get pregnant again. You'd probably rather concentrate on your baby now rather than starting another one right away.

Some doctors recommend the Depo-Provera contraceptive injection after delivery while you're still in the hospital. If you're breastfeeding, it's best to wait until your milk is well established — a week or two. If you choose this

method of birth control, you'll need another injection every three months.

The contraceptive implant is also fine for breastfeeding mothers, while the birth control pill might decrease your milk supply.

See chapter 14, *Your Pregnancy and Newborn Journey,* for more information on family planning methods.

Babies often come by accident. If you don't want to get pregnant again soon, you and your partner need to discuss your prevention plan. You either need to abstain totally from sexual intercourse or you need to use contraception *every time.*

Lifestyle Changes

Often a teenage mother — and most fathers, for that matter — finds caring for a tiny baby changes her style of living a great deal. If you're breastfeeding, you're entirely responsible for feeding your baby. You may feel you're doing nothing much but feeding her those first few days.

> *I can't do the things I used to do like go to the beach. I have to stay home with the baby. I'm not as free as I used to be. I have to wash clothes and make formula. I don't get as many calls from my friends as I used to. That bothers me. I like to shop and I can't go shopping as much. I'm not dating because I have to be with Chandra all the time.*
>
> Maria, 18 - Chandra, 6 weeks

As your baby matures, you'll be able to include her in some of your activities. Life may never again be quite as simple and carefree for you — no more deciding on the spur of the moment to take off for the beach or the river. Even shopping with a small child is complicated. But with extra planning, it can be done. Good luck!

Resources for Parents of Newborns

Leach, Penelope. ***Your Baby and Child from Birth to Age Five.*** Revised, 1997. 560 pp. $20. Alfred A. Knopf, 400 Hahn Road, Westminster, MD 21157. 800/733-3000.

An absolutely beautiful book packed with information, many color photos and lovely drawings. Comprehensive, authoritative, and outstandingly sensitive guide to child care and development.

Lindsay, Jeanne Warren. ***Do I Have a Daddy? A Story About a Single-Parent Child.*** 2000. 48 pp. Hardcover, $14.95. Spanish edition (1991) available. Morning Glory Press, 6595 San Haroldo Way, Buena Park, CA 90620. 714/828-1998; 1-888/612-8254.

A beautiful book for the child who has never met his/her father. A special sixteen-page section offers suggestions to single mothers.

_____. ***School-Age Parents: The Challenge of Three-Generation Living.*** 1990. 224 pp. Paper, $10.95; cloth, $15.95. Morning Glory.

*A much needed book for dealing with the frustrations, problems, and pleasures of three-generation living. Useful for helping young parents communicate with **their** parents.*

_____. ***Teen Dads: Rights, Responsibilities and Joys.*** 1993. 192 pp. Paper, $9.95; hardcover, $15.95. Teacher's Guide and Workbook, $2.50 each. Morning Glory Press.

A how-to-parent book especially for teenage fathers. Offers help from conception to age 3 of the child. Many quotes and photos of teen fathers.

_____. ***Your Baby's First Year.*** 1999. ***Challenge of Toddlers.*** 1998. 224 pp. ea. Paper, $12.95; hardcover, $18.95. Morning Glory Press.
How-to-parent books especially for teenage parents. Lots of quotes from teenage parents who share their experiences with their children.

_____, and Jean Brunelli. ***Your Pregnancy and Newborn Journey.*** 1999. 208 pp. Paper, $12.95; hardcover, $18.95. Available in Spanish (1993). Morning Glory Press.
Prenatal health book for pregnant teenagers. Includes section on care of the newborn and a chapter for fathers. Also available in Easier Reading Edition (third grade reading level) with workbook and teacher's guide (1993).

_____ and Sally McCullough. ***Discipline from Birth to Three.*** 1998. 208 pp. Paper, $12.95; hardcover, $18.95. Morning Glory Press.
Provides teenage parents with guidelines to help prevent discipline problems with children and for dealing with problems when they occur.

Renfrew, Mary, Chloe Fisher, and Suzanne Arms. ***Bestfeeding: Getting Breastfeeding Right for You.*** 1995. 240 pp. $14.95. Celestial Arts Publishing, P.O. Box 7123, Berkeley, CA 94707. 800/841-2665.
Marvelous description, with lots of photographs and drawings (150+) of the importance of breastfeeding, and of how to make the process work.

Reynolds, Marilyn. ***Detour for Emmy.*** 1993. 256 pp. Paper, $8.95. Morning Glory Press.
*Award-winning novel about a 15-year-old mother. A gripping story, and a favorite of teen moms. Also see Reynolds' **Too Soon for Jeff**, a novel about a reluctant teen father, and **Baby Help**, another novel about teen parents.*

Stewart, Nancy. ***Your Baby from Birth to 18 Months: The Complete Illustrated Guide.*** 1997. 192 pp. $15.95. Fisher Books, 4239 W. Ina Road, Suite 101, Tucson, AZ 84741. 520/744-6110.
Provides clear and valid information about caring for the new baby on up to age 18 months. Well illustrated.

Wiggins, Pamela K. ***"Why Should I Nurse My Baby?" and Other Questions Mothers Ask About Breast Feeding.*** 1996. 58 pp. $5.95. The Learning Curve, 4614 Prospect Avenue, #421, Cleveland, OH 44103. 216/881-5151.
*Easy to read, yet thorough discussion of breastfeeding. Question and answer format. Also ask about the **Babies First pamphlets**, same source.*

Williams, Kelly. ***Single Mamahood: Advice and Wisdom for the African American Single Mother.*** 1998. 190 pp. $12. Carol Publishing Group, 120 Enterprise Avenue, Secaucus, NJ 07094.
Down-to-earth, sister-to-sister guide. Offers suggestions on how to deal with work, school, child support, discipline, dating again, and more.

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Ordering Information

To order additional copies of ***Nurturing Your Newborn*** ($7.95)
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To help you get acquainted with your newborn...

Nurturing Your Newborn

Young Parents' Guide to Baby's First Month

By Jeanne Warren Lindsay and Jean Brunelli PHN

With Tips on

- What's No[illegible]
- Keeping B[illegible]
- Comfort[illegible]e
- Breast[illegible]ding
- Gua[illegible]ng Baby's Health
- Tak[illegible] Care of Mom
- Dad's Role
- Dealing with Parents' Tiredness
- Three-Generation Living – Baby, Parents, Grandparents
- Planning the Next Step Toward Your Future

Jeanne Warren Lindsay and Jean Brunelli have worked with hundreds of pregnant and parenting teenagers, Lindsay as the teacher for 16 years in a Southern California Teen Parent Program, and Brunelli as nurse in the program's infant center. They are also the co-authors of *Your Pregnancy and Newborn Journey: A Guide for Teenage Parents*, and Lindsay has authored 16 other books for and about pregnant and parenting teens. ***Nurturing Your Newborn*** is adapted/excerpted from *Your Pregnancy and Newborn Journey* and from Lindsay's *Your Baby's First Year*.

Generous Input from Young Parents

I'm happy I had a baby, but during that first week I said, "Oh God, I shouldn't have had this baby." **Rosita, 18 – Jenny, 4 weeks**

I wanted to give her the best start. I didn't have a house or a back yard for her to play in, but I could breastfeed her. She deserved the best start she could have. **Zandra, 16 – Dakota, 1 month**

When we first pick her up and she's all fussy, we hold her real close to us. Then she starts to realize, "Okay, I'm comfortable." **Mike, 18 – Isabel, 6 weeks**

99

For all young parents starting their parenting adventure

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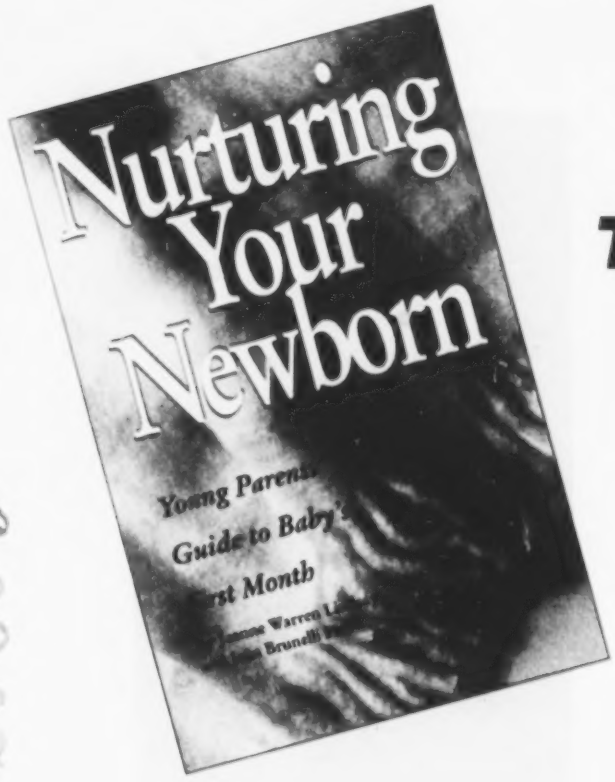
Nurturing Your Newborn:

Young Parents' Guide to Baby's First Month

By Jeanne Warren Lindsay and Jean Brunelli, PHN



Teacher's Guide

Workbook Responses, Quizzes, Answer Keys

Includes suggestions for Independent Study During Postpartum Homestay

PS 027609

Morning Glory Press

Buena Park, California

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ISBN 1-885356-60-9

Nurturing Your Newborn: Young Parents' Guide to Baby's First Month
covers, as the title implies, the first month of parenting after baby is born.
See the ***Teens Parenting*** **Series** for more extensive coverage of parenting.

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MORNING GLORY PRESS
6595 San Haroldo Way Buena Park, CA 90620-3748
714/828-1998, 1-888/612-8254 Fax 714/828-2049
Web Site: http://www.morningglorypress.com
Printed and bound in the United States of America

Parenting Your Newborn
Real Life Homework

Goal

To enhance student's ability to bond with and nurture her baby during the first month after the baby's delivery.

Objective

Student will demonstrate her ability to nurture and bond with her infant.

Evaluation

Student will complete written assignments, quizzes, and lab work (baby care) as specified by teacher. Teacher observation will be part of the evaluation. *Note: A home visit made by a teacher, nurse, or aide can be extremely helpful to the young mother during this critical time.*

Course Description

In schools across the country, teachers go to great lengths to develop infant care programs and preschool sessions in which high school students may develop caregiving skills. Your students will learn about parenting and infant care as they care for their newborns at home, probably far more than they learn in a semester of working in a childcare center.

A young mom is likely to be out of school for several weeks after childbirth, and during this time she will probably spend many hours each day caring for and bonding with her child. For this she deserves to be earning elective credit just as she would if she were working in a daycare center at school.

To be academically defensible in many school districts, however, this parenting credit must be backed up with some documentation. To earn the credit, you may ask her to complete the six requirements as described under "Suggested Minimum Requirements."

Note that keeping a daily journal and two 24-hour time-with-baby records are required in addition to the writing assignments. Explain that the most important, hardest, and most time-consuming part of this course is caring for the new baby. The student receives credit for this parenting achievement, but must document at least part of the time she spends doing so.

Your student will need a copy of ***Nurturing Your Newborn: Young Parents' Guide to Baby's First Month*** and the separate workbook. Please check the workbook. Do you need to individualize the assignments for your students? Is there perhaps more writing than you can expect one student to do during her incredibly busy first month with baby? Or do you need to add supplementary and enriching assignments?

Each chapter in the workbook contains writing assignment(s), project(s), and a parent/baby assignment. On page 5 are ideas for additional projects and writing assignments not included in the workbook.

You may want to make a copy of the grade sheet for yourself *and* a copy for the student. It could help her keep track of her assignments.

Ideally, you will be able to discuss these requirements with your student *before* she delivers. You might encourage her to take ***Nurturing Your Newborn*** to the hospital in case she finds she'd like to read about her little newborn while she's there.

Perhaps your new mom students come to school for brief periods soon after delivery. If so, or if you can show videos in their homes, we recommend:

"Baby's First Year," Part 1. Morning Glory Press. (See back cover for ordering information.)

"Teen Breastfeeding: The Natural Choice," and **"Teen Breastfeeding: Starting Out Right."** Injoy Videos, 3970 Broadway, Suite B4, Boulder, CO 80304. 303/447-2082. Price for both, $139.95.

While most assignments are written directly to the young mother, ***Nurturing Your Newborn*** is also for young fathers. A brief chapter especially for Dad is included. For a more comprehensive resource for teen fathers, see ***Teen Dads: Rights, Responsibilities and Joys*** by Lindsay.

For parenting resources for teen parents after the child is a month old, see the ***Teens Parenting*** **Series,** as described on the back cover of this guide. For additional activities, including many group projects, see the ***Teens Parenting Curriculum Guide.*** The guide includes activities designed for each chapter in each of the ***Teens Parenting*** texts. A workbook is available for each book.

Parenting Your Newborn — Suggested Minimum Requirements

1. Student will take major responsibility for the care of her child from birth to one month of age.
2. Student will record one day each week for two weeks the time she spends with her child and in performing other tasks involved in caring for her baby — formula preparation, laundry, etc. Include cuddling time!
3. Student will read ***Nurturing Your Newborn: Young Parents' Guide to Baby's First Month.*** She will complete the writing assignments and projects for each chapter in the workbook, as directed by teacher. She will also take the quizzes over the book.

Note: If student read ***Your Pregnancy and Newborn Journey*** while she was pregnant, she may recognize some of the material in ***Nurturing Your Newborn.*** This time, when she reads it, encourage her to think strictly of her own baby. How does the material apply to her and to her child? In fact, all workbook assignments should be completed with student's own baby in mind.

4. Student will keep a record of the money she spends for her baby. For one month, she is to keep track of **everything** she or anyone else buys for the baby (not counting gifts). She should keep an accurate record of the cost of formula she buys, the clothes, diapers, toys, furniture, etc. As much as possible, she should include cost of items already purchased when her baby was born. Her expense record should include the total spent for baby by the time s/he is one month old.
5. Student will keep a journal in which she writes at least once daily, five days per week, for at least three weeks. In your journal, please concentrate on writing about your baby and your relationship with him/her.
6. Student will discuss her progress with her teacher or other person as directed.

Please note: The student's interaction with her child is *most important* throughout this first month. You don't want to add additional stress to her life. However, she probably wants and needs support, encouragement and even advice during these weeks. If you and she can find a way for her to bond with her baby, learn about parenting her newborn, *and* earn credit, everybody wins!

Journal Assignment

Reprinted from Student (Independent Study) Workbook

Please keep a daily journal of life with your baby. Include a detailed description of your labor and delivery experience. You would be wise to write this while you're still in the hospital and the details are fresh in your mind.

Much more important than your labor and delivery story, however, will be your descriptions of life with your baby. Please concentrate a lot on **interacting** with your baby from the very beginning.

Of course you'll spend a lot of time changing, feeding, and bathing her — giving her the good physical care every baby needs. But the most important part of caring for your baby is getting to know her — bonding together as closely as possible. If you interact a lot with baby — hold her, talk to her, carry on conversations with baby whenever she's awake, you'll find the bonding happens just the way it should.

What can a tiny baby do besides eat and sleep? Lots! He can make a variety of sounds. Very soon you'll notice a conversational pattern in these sounds as baby responds to your voice. He'll turn his head to hear you.

Soon she'll follow objects with her eyes, make swiping movements with her hands, and move her hands to her mouth and in front of her.

The development of your baby's smile is a wonderful thing. Describe it in your journal!

Your baby will respond to the emotional tone of the person taking care of him. Be alert to this happening. If you're extra tired and upset, baby will notice. And when you're happy and feeling good, baby is likely to follow your mood. Share these happenings in your journal.

To repeat, let your journal be an account of the growth of this very important bonding, the close relationship between you and your baby.

Describe your conversations with her, write about the time you spend holding her, and about the closeness you'll be feeling toward your child.

Remember, when this early bonding develops strongly through lots of interacting between you and your baby, you'll find you won't have a "spoiled" baby. Instead, your infant will develop into the happy, independent toddler you want him to be. Let your journal be an account of this development.

Ideas for Special Reports

1. **Describe a variety of ways to interact with a tiny baby.** Your own journal should be your best resource.
2. **Describe baby's first bath.** Then comment when you have bathed him/her at least six times. Is it easier?
3. **Caring for a Sick Baby.** Babies do get sick. If yours does, prepare your report from personal experience. What did you tell the doctor, and what did the doctor suggest you do? How did you try to make your baby more comfortable? If your baby stays well, write your report on what you'll do when/if s/he gets a fever, catches cold, has diarrhea, vomits, etc. You can get some information from ***Nurturing Your Newborn***, and your teacher can suggest other references.
4. **Describe how/when you wash your baby's clothes and/or diapers.** What kind of detergent do you use? How do you sort his clothes?
5. If you're bottle-feeding your baby, **explain how to make formula**. Pretend you're talking to someone who has no idea how to do this. Describe each step, and make your directions so clear the person could make formula easily.
6. **Write a detailed report about your baby.** First, read chapter 3 which describes typical development and activities for newborn babies. Then "study" your baby carefully. Describe how s/he follows the material in the book and how s/he is different. Write descriptively about his/her eating, sleeping, and playing habits.
7. **Compare the cost** in your area of using diaper service, buying cloth diapers and washing them yourself, and using disposable diapers for a year. How much money could you save using cloth and washing them yourself instead of using disposable diapers or a diaper service?
8. **Infant Safety Report.** Make this a major report—at least five pages, with illustrations. Ask your teacher for some additional references, perhaps starting with index entries for "Safety" in *Your Baby's First Year*.

Name _____

Phone # _____ Address _____

CREDIT SHEET — Parenting Your Newborn

Time record completed (include dates and total hours spent with baby):

1. _____
2. _____

Expense record completed _____

Journal — 15+ days _____

***Nurturing Your Newborn* Workbook Assignments completed:**

Chapter	Done	Grade
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____

Quizzes/Grades

Chapters 1-2 _____ **Chapters 3-4** _____

Chapter 5 _____ **Chapters 6-8** _____

Additional Reports:

	Date	Topic	Grade
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Discuss course work with teacher:

	Date	Comments
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Course Completed (date) _____

Credit _____

Grade _____

Nurturing Your Newborn

Teacher's Guide

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For Workbook ISBN 1-885356-61-7

Chapter One
Coming Home with Your Baby

Student Objectives:

1. *To list three reasons a new mother is likely to be very tired, together with suggestions for dealing with this tiredness.*
2. *To describe the phenomenon of parent/baby bonding, focusing on student and her/his own baby.*
3. *To explain the reason baby should be put to bed on her back.*
4. *To explain the reason a baby should* ***never*** *be shaken.*
5. *To discuss the after-baby blues phenomenon — why it happens, and suggestions for alleviating the problem.*

Please read pages 5-17 and answer these questions:

1. After you read the first paragraph of the Foreword, re-write it in your own words. Why does Teresa McFarland write, ". . . nothing is ever again as it was before"? How do you feel about the author's description of life with a newborn as "the most exciting, wonderful, exhausting and scary undertaking you have ever experienced"? *Personal response.*

2. What was the "very best" Teresa McFarland could offer her baby?
   She offered her two breasts to nurse him, her two arms to hold him, and her whole heart to love him.

3. Why are you likely to be very tired the first week after your baby is born? List three reasons. *1. After-effects of labor. 2. Lack of sleep because of baby's frequent feedings. 3. Hormonal changes the body experiences after delivery.*

4. Why should you *not* use tampons to care for the bleeding after delivery? *The tissue is soft and a tampon could go high up in the vagina and cause an infection.*

5. Why should you continue taking your prenatal vitamins after delivery? *The vitamins help me avoid anemia and to recover from childbirth.*

6. Name at least three things you can do to increase the bonding between you and your child.
   Possible responses: 1. Feeding my baby. 2. Holding and cuddling my baby. 3. Talking with other people about my child. 4. Showing him off to others.

7. Do you feel bonded to your baby? If so, when did you first feel this way? *Personal response.*

8. In what position should you lay your baby down to sleep? *Put her to bed on her back.*

   Why is it important to put baby to bed in this position? *SIDS (Sudden Infant Death Syndrome) is less likely to happen to babies who sleep on their backs.*

9. Does it make sense to talk to a newborn baby? Why? *Yes, because talking to him helps him learn to trust me and the rest of his world. This also helps him work toward developing language skills.*

10. Why do many mothers get the "after-baby blues"? Describe three reasons. *1. She realizes how much work a baby takes. 2. She finds how tied down she is with the baby. 3. Hormonal changes in her body after delivery.*

11. List several things (at least five) you could do to help yourself get over the after-baby blues.
    Possible answers: 1. Get some help with baby care. 2. Get away from the house for a couple of hours. 3. Go outside with baby. 4. Talk to someone. 5. Find out about the help you can get — financial aid, food stamps, getting back to school, etc.

12. How can Dad bond with his baby?
    Take care of her as much as possible.

13. Why is it important not to argue with your partner, yell, etc., where baby can hear? *The baby will sense the stress, and he will get upset, too.*

14. Why should you make *sure* no one ever shakes your baby? *Shaking can damage a baby's brain.*

15. If you get frustrated with your baby, what can you do? List several things you think might make *you* feel better. *Personal response.*

16. How can a sturdy sling carrier help you and your baby? *I could carry her on my chest and have my hands free to do other things.*

17. How can your baby ride safely in a car? *She must be in a sturdy carseat in the back, facing the rear of the car.*

Writing Assignment:

1. Write a letter to your newborn. Tell your baby how you feel about your new role as a parent. Tell baby how you reacted to your first sight of her/him. What did s/he look like? Describe your first day home from the hospital.

2. Write an essay describing the changes in your lifestyle that are happening because you have a baby. Be specific. What activities can you *not* do for awhile after your baby is born? Is your family treating you any differently since you have a child of your own? What about your friends? If you're with your baby's father (or have another boyfriend), how is your baby affecting that relationship?

Project:

Keep track of the time you spend with your baby during a day in each of the first two weeks after he is born. Include the time you feed, change, and bathe her, and also the time you're holding him, rocking him, cuddling him, gazing admiringly at her, etc.

Parent/Baby Assignment:

Rock your baby for at least 15 minutes. If you don't have a rocking chair, can you borrow one? In your journal, describe your experience.

Chapter Two
Feeding and Loving Your Newborn

Student Objectives:

1. *To describe the benefits to mother and baby of breastfeeding, along with guidelines for breastfeeding successfully.*
2. *To describe the preparation of formula for baby.*
3. *To list three dangers of propping a bottle in baby's mouth.*

Please read pages 18-35 and answer these questions:

1. Why do many young mothers choose to breastfeed their babies rather than resorting to bottles? Describe at least five reasons.
   1. It's best for the baby. 2. It's easier for Mom. 3. Breastfeeding is cheaper. 4. Protects baby from illness. 5. Mothers and babies like closeness of breastfeeding.
2. What is colostrum? Describe what it contains.
   Colostrum is the milk the breasts produce the first few days after delivery. It contains water, some sugar, minerals, and many important antibodies. It is high in fat and calories.
3. Does the amount of milk a mother makes depend on the size of her breasts? No. If not, then what does cause her to produce more milk? *Her milk supply depends on how much and how often the baby nurses.*
4. What can Dad do with baby if he can't feed her because Mom breastfeeds? *He can bathe baby, change his diaper, play with him, love and cuddle him.*
5. A breastfed baby is *(more, less)* likely to get sick than is a bottle-fed baby.
6. If you catch cold or get the flu, should you continue breastfeeding your baby? Yes.
7. Why is it a good idea to breastfeed baby for a few days, even if you don't plan to continue breastfeeding? *During those few days baby will get the benefits of the colostrum.*
8. To start breastfeeding, how should you hold your baby? *Hold him facing me, tummy to tummy.*
9. If your nipples get sore because of breastfeeding, what is probably the reason?
   Baby probably didn't latch on properly. Instead, he sucked only on the end of the nipple.
10. How can you help your baby latch on? *Make sure his mouth is wide open, and that he gets enough of the brown area around the nipple into his mouth.*
11. How often should you feed your baby?
    Whenever she wants to eat.
12. Should you feed baby only after she cries? No.
    If not, how do you know to feed her? *Whenever possible, don't wait until she's crying. When she's hungry, she is likely to become active, mouthing or rooting.*
13. What can you do about it if your nipples get sore? Name three things.
    1. Keep them dry. 2. Expose them to air. 3. Rub a little breastmilk into each nipple after feeding baby.
14. If you use an ice pack after baby nurses because your breasts are still sore, where should you put the ice pack? Why? *Put the ice pack under my armpits because that's where the breast tissue starts.*
15. During his first month, should you give your breastfed baby a pacifier? No. A bottle? No.
    If not, why not? *Either one can interfere with getting breastfeeding well started.*
16. If your newborn doesn't seem interested in latching on to nurse, what can Mom do? *Take baby's clothes off (except for her diaper) and hold her close. Try to express a little milk into her mouth.*
17. If breastfeeding doesn't seem to work for you and your baby, what can you do, other than bottle-feeding?
    Call a breastfeeding specialist for help.
18. Name a breastfeeding specialist in your area, together with her phone number. *Personal response.*
19. List four things that should happen if your breastfed baby is getting enough milk. *1. She has six to eight wet diapers and several soft mustard-colored BMs daily. 2. He seems satisfied for an hour or two after feeding. 3. She appears to be gaining weight and is active when she's awake. 4. You can hear him swallow as he sucks.*

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20. If your baby suddenly doesn't seem to be getting enough milk, what can you do if you're breastfeeding?
Feed her more often.

21. Do breastfed babies need to be given water during the first four months? *No.*

22. How much additional food does a breastfeeding mother need each day?
About 500 extra calories — a sandwich and two extra glasses of milk, for example.

23. Is it important to drink liquids if you're breastfeeding?
Yes.

24. If you decide to switch from breastfeeding to bottles, should you stop breastfeeding suddenly? Why or why not?
No. If you simply quit breastfeeding one day, your body continues to produce milk. Both mother and baby will be uncomfortable. It's better to quit gradually.

25. Describe three rules for preparing formula for baby.
1. Follow mixing instructions carefully.
2. Boil the water or use bottled water.
3. Check the temperature of the formula before giving it to baby.

26. How often does *your* baby need to be burped? What position works best for burping her?
Personal response.

27. Why should you *never* prop a baby's bottle in his mouth? Give three reasons.
1. He needs the love and emotional support of being in my arms. 2. She's less likely to have an ear infection. 3. He could spit up and choke on the milk.

28. Do babies generally need vitamins the first couple of months? Why or why not?
No, because if she's breastfeeding and mom is taking vitamins, baby doesn't need more. If she's bottle-feeding, the formula contains enough vitamin D.

29. Why should you ask your healthcare provider how much fluoride your baby needs?
Our water supply may be high or low in fluoride. The amount baby needs depends on the amount already in the water supply.

30. What is WIC? *Supplementary Feeding Program for Women, Infants and Children.*
What kind of help does WIC offer?
Coupons to buy food for pregnant and breastfeeding women and for baby's formula.

Writing Assignment:

Write a one-page essay on whichever topic fits your situation:"Why I Am Breastfeeding My Baby" or "Why I Am Bottle-Feeding My Baby."

Project:

Compare the daily cost of ready-to-feed, concentrated, and powdered formula.
Ready-to-feed: _____
Concentrated: _____
Powdered: _____
(Teacher needs to check costs in local area.)

Puzzle:

Complete the "Infant Feeding Wordfind," page 10. *Key is on page 19 of this Teacher's Guide.*

Parent/Baby Assignment:

Talk to your baby as you feed him. In your journal, describe baby's reaction.

Take the quiz over chapters 1 and 2.

Chapter Three
Observing Your Wonderful Newborn

Student Objectives:

1. To describe in writing the appearance, characteristics, and needs of a newborn baby.
2. To define "reflex action," and to list three reflex actions common to newborn babies.

Please read pages 36-45 and answer these questions:

1. Describe a typical newborn baby.
Response could include such information as: Baby is likely to look stressed, and will probably be pretty messy right after delivery. Her head may become molded during labor and delivery, and look longer than it should. She may have bumps and lumps on her head. She will be fairly red, whatever her ethnic group.

2. What is another name for the soft spot on top of baby's head? *Fontanel.*

3. Describe cradle cap.
Cradle cap is similar to heavy dandruff. To prevent it, wash the baby's head thoroughly.

4. If your baby gets cradle cap, how should you treat it?
Wash her head with a low allergy soap or clean her head with a soft brush.

5. How should you care for your newborn baby's belly button?
Don't put baby in water until the cord drops off. Clean it gently with cotton dipped in rubbing alcohol.

6. What should you do if your baby's belly button sticks out? *Nothing.*

7. What is an umbilical hernia? *A bulge near the belly button where the abdominal muscles come together.*

8. If your baby lost a few ounces during her first two or three days after birth, is this a problem? *No, it's normal.*

9. Check the statement if it may be true of a normal newborn baby:

√ 1. Loses a few ounces of weight within two or three days after delivery
√ 2. Baby has swollen breasts for a few days.
√ 3. Girl baby has a little bleeding from her vagina.
√ 4. Boy's testicles seem very large.
√ 5. Both boys and girls have oversized genitals which appear red and swollen at birth.
√ 6. Boy baby may get erect penis when you change him.
√ 7. Baby has a birthmark.
√ 8. African American or Hispanic baby has dark marks on or above the buttocks.

Each of these things may occur with some babies, and all are normal.

10. What is baby acne?
Little whiteheads that may develop on a newborn.
What kind of treatment is recommended?
No treatment is needed.

11. Is it important to talk and sing to a newborn baby? *Yes.*
Why or why not? *Helps him feel loved and secure. Will help him develop language skills.*

12. How well can a newborn see? *He can't see well.*

13. What is a reflex action?
Responding to something without having to learn how.

14. List at least three reflex actions typical of a newborn baby.
1. Rooting. *2. Sucking.*
3. "Walking" when held upright.
4. Clenching hands into fists.

15. Describe the BM of a new baby. *It's greenish and soft.*

16. Define and describe meconium.
Meconium is the first bowel movement after birth. It's a greenish-black sticky substance which fills the intestines of the baby before she's born.

Writing Assignment:

Describe your baby as s/he was at birth. Then discuss her/his care from that time until now. Does s/he cry much? How often does s/he eat? Are you breast- or bottle-feeding? Does s/he have colic? What is her/his sleeping pattern? Use separate paper.

Project:

Make a face for your baby's crib. Follow directions on page 43. Fasten it to baby's crib. (Take it down before baby starts to grab things.)

Parent/Baby Assignment:

Sing to your baby as you rock him/her. In your journal, write about how you felt as you rocked and sang to baby.

Chapter Four
Baby's Goal — To Be Comfortable

Student Objectives:

1. To list several ways to help baby feel comfortable.
2. To demonstrate bathing an infant.
3. To describe at least five reasons a baby may cry, together with ways to soothe baby.

Please read pages 46-55 and answer these questions:

1. What is most important to your newborn baby?
Comfort.

2. Does it make sense to let baby "cry it out" rather than picking him up and comforting him when he's crying? Why or why not? *No. If he's crying, he needs something.*

3. Describe a good way to pick up your infant.
Put my hands carefully under him, then wait a second or two before lifting him. Always provide head support.

4. What can you do to help your baby's brain develop as well as possible?
Hold her. Pick her up when she cries. Feed her if she's hungry. Keep her clean, dry, warm, and fed.

5. According to research, which baby is more likely to cry when he's a year old — the baby who was picked up often as an infant or the baby who was left to cry so he "wouldn't be spoiled"?
The baby who was not picked up when he cried.

6. If your baby cries after being fed, what does she probably need? *Burping.*

7. List at least five reasons an infant may cry. *She may be hungry, too cold or too warm, lonely, wet, needs to burp, or doesn't feel well.*

8. How should you bathe your baby until her umbilical cord has fallen off?
Lay her on a towel and wash her. Don't put her in the water.

9. Describe your baby's first bath. *Personal response.*

10. Why should you test baby's bath water with your elbow?
It's more sensitive to temperature than my hand.

11. Should you use cotton-tipped sticks to clean baby's nose, ears, or navel? *No.*

12. Are you using disposable diapers, cloth diapers you wash yourself, or a diaper service? Why did you make this choice? *Personal response.*

13. What is swaddling?
Wrapping baby tightly in a blanket.

Try swaddling your baby. How did s/he react?
Personal response.

Writing Assignments:

1. Write an essay in which you describe *your* feelings and how you react when your baby cries. Be creative in your writing and use lots of descriptive adjectives.

2. Pretend you are a helpless infant. Why do you cry? What do you want from your parents? How do you feel when no one answers your cries? Write a paragraph describing your feelings.

Project:

Collect ideas from at least five other parents for dealing with a crying baby. Make a list of their suggestions.

Activity:

Complete the acrostic activity, "Infant Crying Patterns," page 15. *Key is on page 19 of this Teacher's Guide.*

Parent/Baby Assignment:

Choose a time when your baby is tired and fussy. Try several methods of soothing her. Describe your efforts in your journal.

Take the quiz over chapters 3 and 4.

Chapter Five

Guarding Your Infant's Health and Safety

Student Objectives:

1. *To describe the symptoms and recommended care of an infant with jaundice, thrush, diaper rash, colic, or other possible health problems.*
2. *To list five possible reasons to call baby's healthcare provider, and six pieces of information one should have available when making the call.*
3. *To list the immunizations a baby needs to protect him/her from disease.*
4. *To describe techniques of caring for a sick child.*

Please read pages 56-71 and answer these questions:

1. What term can be used to refer to a doctor, nurse practitioner, physician's assistant, or other health specialist? *Healthcare provider.*

2. List at least three things you might want to discuss at your baby's first visit with her healthcare provider.
   1. Any problem with feeding baby.
   2. Any concern about healing of belly button.
   3. If I suspect hernia, or have other worries.

3. Why is it a good idea to know the names of the people working in your baby's healthcare provider's office?
   If I call them by name when I telephone the office, I'm more likely to get a friendly response.

4. What should you do if your doctor is always in too much of a hurry to answer your questions?
   Write down everything I want to ask. When doctor appears to be in a hurry, I should stop him and say, "Wait, I have these questions. I need your help." Then I'd briefly describe whatever it is that's worrying me.

5. Why should you keep a healthcare notebook in which you write down information about your baby's health and illnesses?
   The notebook will help me communicate better with the healthcare provider.

6. Describe a baby who has jaundice.
   The baby's skin or the whites of his eyes look yellowish.
   Is this a serious problem? *No.*
   Describe the treatment for jaundice.
   Breastfeed often. Put baby near a window to sleep during daylight (but not in direct sun). If the room is warm enough, undress baby except for a diaper so her skin can be exposed to the light.

7. What does thrush look like?
   It looks like patches of milk scum inside baby's mouth.
   How is it treated? *Doctor will prescribe medication.*
   Can thrush affect the diaper area, too? *Yes.*

8. Describe a baby who has colic.
   He appears to have a stomach ache, and he will cry nearly every evening. His face may become red, he will frown, draw up his legs, and scream loudly.

9. What causes colic? *No one knows.*

10. What may help a colicky baby? Describe three things.
    1. Holding him on his stomach across my knees.
    2. Giving him a warm bath.
    3. Healthcare provider might prescribe medication.

11. How long does colic generally last?
    Until the baby is about three months old.

12. How can you prevent diaper rash?
    Change baby often. Wash her with clean water each time.

13. Why is it important not to shake baby powder directly on baby?
    Baby powder shaken in the air can hurt baby's lungs.

14. How should you clean a baby girl's genitals?
    Wipe from the front to the back.
    How should you clean a baby boy's genitals?
    Just clean the exposed area. If he's not circumcised, don't try to pull the foreskin back to clean his penis.

15. At what age should your child start getting his HDTaP shots? *Two months.*
    When should your baby be given polio vaccine?
    When she's two months old.

16. List four diseases covered by HDTaP immunizations.
    Hib, diphtheria, tetanus, and pertussin.

17. List the other immunizations your child will need by two months:
Hepatitis B; H. influenzae, type b (Hib); Rotavirus (Rv).

18. Why should you keep a record of your baby's immunizations?
I'll need the record when I enroll him in school.

19. Where can you get free immunizations in your community? Call your health department to find out. Ask when and where you could take your baby to be immunized. *Personal response.*

20. Describe the best way to take baby's temperature.
Put a disposable or digital thermometer under her arm.

21. If your baby spits up after being fed, what might help prevent this?
Feed him less food more often. Handle him extra gently after feeding him.

22. List at least five reasons to call your baby's healthcare provider.
1. Baby's temperature is 101° or higher.
2. Baby gets a sudden rash.
3. He vomits most of his meal.
4. He has diarrhea for 12 hours or more.
5. She appears to have a hernia.
(Student may include other reasons.)

23. List six pieces of information you should have when you call your baby's doctor.
1. Is baby coughing? For how long?
2. Has he lost his appetite?
3. Does he have diarrhea?
4. What is his temperature?
5. Has he been exposed to any diseases?
6. Has he had all the immunizations he should have had by this time?

24. Why is it dangerous for baby to have diarrhea for very long? *She can lose a dangerous amount of fluid.*
What's the best way to treat diarrhea?
Give the baby clear liquids and nothing else for 24 hours. Liquids should include Pedialyte.

25. What is a hernia?
A bulge around the navel or the seamline between the leg and the tummy.
What will the doctor probably suggest if the hernia does not go away? *Surgery to remove the hernia.*

26. If your child has a fever, what can you do about it?
Give the baby non-aspirin pain reliever if the doctor says it's okay. Give baby a cooling bath or wrap her in a towel wrung out of lukewarm water. Give her liquids.

27. Someone may tell you to bathe your child in alcohol when she has a high fever. Why is this not a good idea?
Alcohol fumes could hurt baby.

28. What should you do if your baby's ears appear to hurt her? Why?
Take her to the doctor. There is a danger of permanent hearing loss if an ear infection is not treated promptly.

29. How do you react to Marlene's account of Evan's cold? *Personal response.*
Has your baby had a cold yet? *Personal response.*

30. If your baby has a cold, what can you do to make him feel more comfortable when he has the following symptoms?
He has a fever: *Tylenol may help.*
She has a runny nose (two things you can do): *Clean the discharge from her nose with a bulb syringe and normal saline. Use a cold water vaporizer.*
He appears congested: *Decongestant medicine might help.*
She's coughing: *Give her cough medicine if the doctor says it's okay.*
He doesn't want to eat: *Encourage him to drink water.*

31. List five rules to follow to keep your infant safe.
Answers could include: 1. Never leave baby alone on a changing table or bed. 2. No pillow in his bed. 3. Lay infant on her back to sleep. 4. Don't prop his bottle. 5. Never leave baby alone in the house.

Writing Assignments:

1. Has your baby been sick yet? If so, write a detailed report of her illness and how you handled it. If she hasn't been sick, interview another mother who has had this experience. Write a report of your interview.

2. **Skit:** Write a skit about a teen parent's first visit with her/his baby's healthcare provider. Have the parent get the names of the receptionist and nurse. Mother or father should have a list of questions to ask the provider. Doctor is in a hurry, and teen parent will need to say, "Wait, I have these questions and I need your help."

Project:

Keep a record of your baby's health as described on page 59. Record your baby's length and weight at birth and periodically thereafter. Write down your baby's blood type and the immunizations s/he is given. Keep track of your child's illnesses by writing down the dates and a brief description of the symptoms. Attach your record to this assignment, but ask your teacher to return it.

Puzzle:

Complete the puzzle, "Illness and Prevention Crossword," page 16. *Key is on page 19 of this Teacher's Guide.*

Parent/Baby Assignment:

"Read" to your baby for a few minutes. (It's *not* too soon to show colorful pictures to baby.) In your journal, describe baby's reaction.

Take the quiz over chapter 5.

Chapter Six
Dad's a Parent, Too

Student Objectives:

1. *To list two rights and two responsibilities the baby's father has, whether he is married, living with, or "seeing" the mother, or isn't with her at all.*
2. *To discuss in writing two reasons paternity should be established for the baby.*
3. *To explain the benefits to the child of the father as well as the mother being involved in his care.*

Please read pages 72-77 and answer these questions:

1. What does "establish paternity" mean?
   Both parents, if they are not married to each other, sign legal papers stating the identity of the baby's father.
2. Why is it important that paternity be established if the parents are not married?
   If it's not, the child might not be able to claim Social Security, insurance, veteran's, and other benefits through the father.
3. If a father doesn't live with his baby's mother, does he have a right to spend time with his child?
   Yes, unless the court says he can't.
4. Why should a teenage father continue his education even if this means he can't financially support his family for awhile?
   He needs his education in order to get a good enough job later to be able to support his family adequately.
5. Even if the father has no money to help buy baby things, what can he do to help support his child?
   He can give his time. He can share in childcare responsibilities.
6. Why is it important for Dad to share fully in the care of his baby, whether or not he lives with the baby?
   Caring for baby is rewarding for baby and for Dad.

Writing Assignment:

How much do you think dad should share in the care of the baby? (This assignment can be completed by mother or father.) If you are with your partner, what does s/he think? Write a paragraph in which you discuss this issue.

Project:

For Mom: If you are with your baby's father, talk with him about his role as a father. Is he able to spend a lot of time with his child? How does he feel about caring for his baby? Does he feel bonded to his child? Write a report of your discussion. **If you are the father,** please write an essay in which you discuss your feelings about these topics.

Parent/Baby Assignment:

Take your baby outside for a walk. Talk to her as you carry her. Report in your journal on what you showed her and how she reacted.

Chapter Seven
Focus on Mom and Extended Family

Student Objectives:

1. *To describe some of the realities of young mothers who are parenting alone.*
2. *To list the reasons for establishing paternity.*
3. *To discuss the importance of the young parent taking most of the responsibility for care of the baby rather than leaving it to Grandma.*

Please read pages 78-87 and answer these questions:

1. About *five* out of six teen mothers are not married when their babies are born.
2. What is a "real" father, according to the author?
   The man who is actively parenting and playing the father role.
3. Why do some unmarried mothers choose not to file for child support?
   They don't want anything more to do with the father.
4. According to the authors, why should the baby's mother name the father and file for child support?
   To refuse to do so is not fair to the child. The child needs to be supported by both parents. The child may want a relationship with his father at a later time.
5. If the father refuses to admit paternity, what can the mother do? *She can go to court to establish paternity.*
6. How can paternity be proven?
   Through blood tests which compare the child's and father's blood.
7. How can a single mother handle personal questions she doesn't want to answer?
   She can say, "I would rather not talk about it."
8. How many children in the United States grow up living with two parents? *About half.*
9. What may occur if grandma takes most of the care of the baby?
   It may be hard for baby's own mother to take charge later, and baby may think grandma is her mother.
10. How can a young parent avoid these problems?
    Start out taking most of the care of the baby.
11. When disagreements over the baby's care happen in your family, how will you handle them?
    Personal response.

Writing Assignments:

1. Write an essay in which you discuss the advantages and the disadvantages of a teen mother's own mother taking care of the teenager's baby.
   Personal response but essay should mention young mother's need for help with childcare, risks of grandma

taking over, and of baby not knowing who Mom is.

2. Write an essay in which you describe the good things and the not-so-good things about living with your parents or your partner's parents. Include suggestions for making such an arrangement work.
3. On separate paper, write a play in which a teenage mother of a one-month-old still lives with her mother. She feels her mother treats her like a child, and that she has taken charge of the baby. In your play, have the young mother describe her feelings to her mother, then have the two women discuss how, by working together, they can improve their situation.

Projects:

1. Interview your parent(s) or other person with whom you live. How does that person expect his/her life to change because of your baby's birth? What kind of support do you want from that person? What is s/he willing to do to help you? Write an account of your interview. Include your reaction to the other person's comments. Were you surprised at anything that was said?
2. If you have a sister or brother old enough to interview (probably at least 5 or older), repeat the above assignment with him/her/them.
3. Interview your grandmother about what your mother was like when you were a baby. Ask her how she felt when she had your mother. Did she breastfeed? Write an account of your interview.

Parent/Baby Assignment:

In a warm room, undress your baby and put him on a waterproof sheet for 15 minutes. Does he enjoy being naked? Does he kick a lot? Report on his activities in your journal.

Chapter Eight

Baby and Parents — Changing Rapidly

Student Objectives:

1. *To list four kinds of information a parent needs to leave with other caregivers of her baby.*
2. *To discuss three reasons young parents may decide to delay pregnancy for two to four years after the first birth.*
3. *To name two contraceptives that don't interfere with breastfeeding.*

Please read pages 88-92 and answer these questions:

1. What kind of information do you need to give a baby-sitter? List four.
   1. *Tell the sitter where baby's things are kept and the kind of care baby needs.*
   2. *Leave phone numbers for doctor, caring neighbor, fire department, police department.*
   3. *Let sitter know where parent can be reached.*
   4. *Leave a signed medical emergency card.*
2. Why should you leave a signed medical emergency card with your child's sitter when you leave, even if for only a short time?
   Doctors and hospitals are likely to refuse to treat a child without the parent's permission.
3. Will breastfeeding keep you from getting pregnant? *No.*
4. How soon after delivery could you get pregnant? *Within two weeks.*
5. Name two contraceptive methods that won't interfere with breastfeeding.
   Depo-Provera, contraceptive implant.

Writing Assignments:

1. How do you feel about leaving your baby with a sitter? About taking her/him with you wherever you go? Write a paragraph describing your feelings on these issues. How did you feel the first time you left your baby with someone else?
2. **Skit:** Write a skit in which a young couple talks about whether to delay their next pregnancy until their child is three years old. If they decide not to have another child now, how do they expect to carry out this plan? Not have sex? Or use birth control? If birth control, what kind?

Projects:

1. Make and sign a medical emergency card for your baby.
2. Find out about the childcare services available (if any) to school-age parents in your school. If your school district does not offer childcare services, find out about other daycare centers and family daycare in your area. Check on the costs of such services. What age babies/children do they accept? Is there a waiting list? If a young mother called today explaining that she needed childcare in order to complete her high school education, how long would she probably have to wait for such care? Report on your findings.

Parent/Baby Assignment:

Help your baby "exercise." Hold her feet gently and push her knees up to her stomach a few times. Does she appear to enjoy her workout? Comment on your experience in your journal.

Take the quiz over chapters 6, 7, and 8.

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Name _____

Nurturing Your Newborn
Quiz – Chapters 1 and 2

TRUE/FALSE. Write "T" before the sentence if it is true. Write "F" before it if it is false.

___ 1. A breastfeeding woman should drink no more than two cups of coffee, tea, and soft drinks per day.

___ 2. Most new mothers are extremely tired for a few weeks after childbirth.

___ 3. Teenage mothers seldom qualify for help from WIC (Supplemental Feeding Program for Women, Infants and Children).

___ 4. While baby is tiny, he won't notice if his parents fight a lot.

___ 5. The more dad cares for the baby, the faster he will bond with his child.

___ 6. A breastfeeding mother who decides to switch to bottles should make the change gradually over at least a week or two.

___ 7. A mother who smokes a lot probably should not breastfeed her baby.

___ 8. Feeding baby with propped bottles is likely to cause an ear infection.

___ 9. Baby is likely to need a fluoride supplement.

__ 10. You don't need to talk to a newborn because he won't respond much.

__ 11. A good parent will never feel upset when the baby cries.

__ 12. If you're breastfeeding, it's usually best not to give the baby a bottle at all the first month.

__ 13. The colostrum your baby will get even if you breastfeed only a few days helps protect him against illness.

__ 14. Only terrible mothers get upset with their babies.

__ 15. A baby needs to be fed as soon as she's hungry.

__ 16. A baby isn't "spoiled" by being picked up when she cries.

__ 17. Breastfed babies need not be given extra water if they don't want it.

__18. Breastfed babies generally need more burping than do bottle-fed babies.

__19. The minute you deliver your baby, you should quit taking your prenatal vitamins.

__ 20. You should always lay your infant on her back when you put her to bed.

MULTIPLE CHOICE. Circle the letter of all correct answers.

21. A breastfed baby is getting plenty of milk if
   a. she has at least 6-8 wet diapers each day.
   b. she seems satisfied for at least one or two hours after each feeding.
   c. she seems to be gaining weight and is active when she's awake.
   d. all of the above.

22. The least expensive formula is
   a. concentrated.
   b. ready-to-feed.
   c. powdered formula.

23. If a breastfed baby suddenly wants to eat more often, he
   a. needs more food.
   b. should be switched to formula.
   c. needs to be fed more often which will make the mother's breasts produce more milk.
   d. is trying to upset his mother.

24. Baby needs to be fed
   a. every four hours.
   b. every three hours.
   c. whenever he's hungry.
   d. when it's convenient for her mom.

More quiz items on the other side.

Name _____

Nurturing Your Newborn
Quiz – Chapters 1 and 2, page 2

25. A baby should never be fed with a propped bottle because
    a. propped bottles cause ear infections.
    b. he needs the love he gets from being held.
    c. he could choke on milk curd if he spits up.
    d. propping the bottle makes milk go sour.

26. Playing with your baby includes
    a. talking to him.
    b. singing to him.
    c. gently moving his legs up and down.
    d. punishing him when he doesn't mind.

27. If you're breastfeeding but don't seem to have enough milk, you should
    a. nurse less often so your breasts have time to fill up.
    b. give up immediately and switch to bottles.
    c. nurse the baby more often which will cause your body to produce more milk.
    d. blame the baby.

28. Colostrum is good for baby because it
    a. is the first solid food for baby.
    b. is a substitute for a rocking chair.
    c. provides antibodies to fight illness.
    d. contains nutritious minerals.

29. Compared to a bottle-fed baby, a breastfed baby is
    a. more likely to get too fat.
    b. less likely to have allergies.
    c. less likely to be ill during her first year.
    d. more likely to cry a lot.

30. If you suffer from after-baby blues, it means
    a. you don't love your child.
    b. you probably aren't getting enough sleep.
    c. your hormones are changing.
    d. your baby looks especially good in blue.

SHORT ANSWER:

31. A new mother needs to see her doctor _____ weeks after delivery.

32. If the nipple holes on your baby's bottle are too large, what can you do about it?

33. When you're breastfeeding, why should you start with the left breast one time, then the right breast the next time?

34-36. List three reasons breastfeeding is easier than bottle feeding for the mom.

1. _____
2. _____
3. _____

37. WIC provides _____ for eligible mothers and babies.

38. _____ is a yellowish substance produced by the breasts which helps a baby fight off colds and other illnesses.

39-41. List three things that a breastfeeding mother can do if her nipples get sore.

1. _____
2. _____
3. _____

42-50. Write an essay in which you describe the needs of a newborn baby. Half of your grade for this essay will depend on the content, and half will depend on your writing skills. Write at least a full page.

Name _____

Nurturing Your Newborn
Quiz – Chapters 3 and 4

TRUE/FALSE. Write "T" before the sentence if it is true. Write "F" before it if it is false.

___ 1. Baby needs to cry in order to exercise her lungs.

___ 2. It's best not to use soap on baby's face.

___ 3. Cotton-tipped sticks are good for cleaning baby's nose and ears.

___ 4. Using cloth diapers is cheaper than using disposables.

___ 5. You must be super careful of the baby's soft spot on the top of his head because it's easily damaged.

___ 6. If your baby looks cross-eyed at five days, he probably will be cross-eyed all his life.

___ 7. Baby probably sees as well as an adult when she's born.

___ 8. A newborn usually loses a few ounces of weight the first week.

___ 9. A newborn whose breasts are slightly swollen must be ill.

___ 10. A newborn's genitals are usually very small compared to the rest of his body.

SHORT ANSWER:

11. A newborn baby's main interest is his own _____.

12. _____ means wrapping baby tightly in a blanket.

13. If your baby's umbilical cord bleeds a little during the first days after birth, you should clean it with _____.

14. Babies who are picked up often during their early months cry (less, more) at one year of age than do babies left alone to cry.

MATCHING: Place the letter of the correct word or phrase in front of each definition.

___ 15. Greenish-black sticky BM.

___ 16. A bulge near baby's belly button.

___ 17. Most important goal for a baby.

___ 18. Baby's soft spot on top of his head.

___ 19. Head condition similar to heavy dandruff.

___ 20. Responding to something without having to learn to do so.

A. Fontanel
B. Cradle cap
C. Umbilical hernia
D. Comfort
E. Meconium
F. Reflex action

ESSAY:

21-25. Write an essay — at least three paragraphs — describing how you can teach your baby to trust you during her first two or three months of life. Your grade will depend half on the content and half on your writing skills.

Name _____

Nurturing Your Newborn — Quiz, Chapter 5

TRUE/FALSE. Write "T" before the sentence if it is true. Write "F" before it if it is false.

___ 1. You can get free HDTaP shots for your baby at the health department.

___ 2. A hernia is a bulge around the navel or the seamline between the leg and the tummy.

___ 3. Most doctors don't want to see the baby until he's 3 months old.

___ 4. A good parent can keep his child from catching cold.

___ 5. With your doctor's help, you can cure your child's cold.

___ 6. It's okay to leave a baby alone on a changing table if he can't turn over.

___ 7. It's okay to put a pillow in baby's crib as long as it's a small one.

___ 8. Baby could choke if she's fed from a propped bottle.

___ 9. An infant in a carseat should ride facing the front of the car.

__ 10. If you're just driving to the store, you don't need to put your baby in a carseat.

MULTIPLE CHOICE/SHORT ANSWER. Circle the letter of all correct answers.

11. Your infant is less likely to spit up if you
    a. give him frequent small feedings.
    b. feed him cereal at six weeks.
    c. lay him down and prop his bottle.
    d. handle him extra gently after feeding him.

12. If your baby has diarrhea,
    a. you don't need to do anything about it.
    b. give him clear liquids.
    c. feed him lots of cereal.
    d. give him Pedialyte.

13. If you think your child has an ear infection,
    a. ignore it. b. treat it yourself.
    c. call the doctor. d. prop his bottle.

14. At what age should your baby get her first HDTaP shots? _____

15. Why is it important to keep a record of your baby's immunizations?

16-18. List three things you can do to bring your baby's fever down.
    1. _____
    2. _____
    3. _____

19-21. When should you call your baby's doctor? List three reasons.
    1. _____
    2. _____
    3. _____

22-26. List five questions you should be able to answer when you call your doctor about your baby's condition.
    1. _____
    2. _____
    3. _____
    4. _____
    5. _____

27. Describe a baby who has jaundice.

28. What does thrush look like?

29. How can you prevent diaper rash?

30-32. Describe three things that might help a colicky baby feel better.
    1. _____
    2. _____
    3. _____

33. If a baby has colic, the colic is likely to go away by the time baby is _____ months old.

Name _____

Nurturing Your Newborn
Quiz – Chapters 6, 7, and 8

TRUE/FALSE. Write "T" before the sentence if it is true. Write "F" before it if it is false.

___ 1. If paternity isn't established, the child may not be able to claim Social Security, insurance, and other benefits through his father.

___ 2. Unless forbidden by the court, a father has a right to see his child.

___ 3. If dad is not married to his baby's mother, he should stay out of their lives.

___ 4. Both parents are required by law to support their child.

___ 5. Blood tests are almost 100 percent accurate in identifying the father of a child.

___ 6. Legally, a young father separated from his child's mother may be able to have his child with him part of the time.

___ 7. Legally, the father is required to provide at least half the money needed to care for his child until the child is 18.

___ 8. Generally, medical care can't be given a child without child's parent's permission.

___ 9. Breastfeeding is a good contraceptive.

___ 10. If you're breastfeeding, Depo-Provera is probably a good choice for a contraceptive.

MULTIPLE CHOICE/SHORT ANSWER:

11. To establish paternity means
    a. father a child.
    b. both mother and father sign legal papers stating that he is the father of the child.
    c. to tell the child who his father is.
    d. none of the above.

12. A Depo-Provera injection
    a. keeps a woman from getting pregnant for six months.
    b. must be repeated every three months to be effective.
    c. keeps the woman safe from AIDS.
    d. can be given six weeks after childbirth.

13. A single mother (should, should not) file for child support from the child's father.

14. About (1/4, 1/2, 3/4) of the children in the United States today will spend at least part of their lives in a one-parent household.

15. What can dad offer his baby if he's still in school and doesn't have any money?

16. _____ out of six teen mothers are not married at the time their child is born.

17. What may be the problem later if grandma takes care of the baby during the first weeks?

18. Describe a good approach to preventing the baby's grandma from taking charge of your baby.

19. Discuss the comment, "A 'real' father is a dad who is actively parenting."

20-22. Write an essay in which you discuss the reasons a teenage couple with one child may decide to wait two or three years before getting pregnant again. Your grade will depend half on the content and half on your writing skills.

23-25. Write an essay in which you discuss what you are doing now to reach your long-term goals. In your essay, describe your goals briefly. Half your grade will depend on the information in your essay, and half will depend on your neatness, grammar, spelling, sentence and paragraph structure.

Nurturing Your Newborn

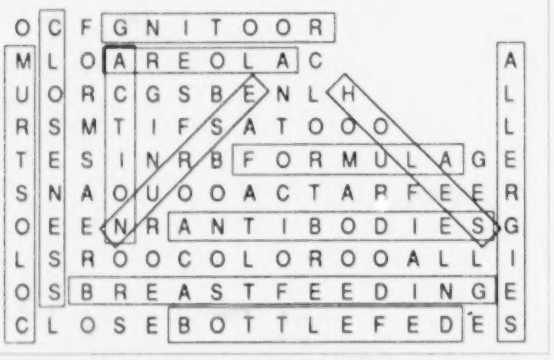
Answer Key for Quizzes

Quiz - Chapters 1 and 2:

1-T; 2-T; 3-F; 4-F; 5-T; 6-T; 7-T; 8-T; 9-T; 10-F; 11-F; 12-T; 13-T; 14-F; 15-T; 16-T; 17-T; 18-F; 19-F; 20-T; 21-a, b, c, and/or d; 22-c; 23-a, c; 24-c; 25-a, b, c; 26-a, b, c; 27-c; 28-c, d; 29-b, c; 30-b, c; 31-four to six weeks; 32-Buy new ones; 33-Baby empties the first breast completely which tells that breast to produce more milk. Alternating breasts means each breast will continue to produce milk; 34-36: No bottles to wash, no formula to buy and prepare, breastmilk doesn't need heating; 37-coupons for food and formula; 38-colostrum; 39-41: let nipples air dry after feeding, rub a little breast milk into sore area after each feeding, change position with each feeding; 42-50: Essay describing needs of newborn baby. Should focus on baby's comfort, feeding him when he's hungry, picking him up when he cries, etc.

Key — Wordfind, chapter 2, p. 10

1 = breastfeeding 2 = bottle-fed 3 = colostrum 4 = antibodies
5 = rooting 6 = action 7 = areola 8 = nurse 9 = allergies
10 = holes 11 = formula 12 = closeness



Key — "Infant Crying Patterns," chapter 4, p. 15: In some cases, there may be more than one word that makes sense. Welcome these discoveries as additional insights into infant crying patterns.
I = intensity; N = normal; F = few; A = after; N = newborn; T = time; C = calls; R = reason; Y = you; I = illness; N = nothing; G = gentle; P = people; A = able; T = tense; T = time; E = environment; R = recognize; N = not; S = secure.

Key — "Illness and Prevention Crossword," chapter 5, p. 16: 1 = ear infections; 2 = immunizations; 3 = mumps; 4 = junk; 5 = alcohol; 6 = popsicle; 7 = impetigo; 8 = fever; 9 = polio vaccine; 10 = hernia; 11 = diarrhea; 12 = rubella; 13 = propped bottles; 14 = liquids; 15 = measles; 16 = tetanus

Quiz - Chapters 3 and 4:

1-F; 2-T; 3-F;4-T; 5-F; 6-F; 7-F; 8-T; 9-F; 10-F; 11-comfort; 12-swaddling; 13-rubbing alcohol; 14-less; 15-E; 16-C; 17-D; 18-A; 19-B; 20-F; 21-25: Essay: Teaching baby to trust. Should stress the importance of meeting her needs promptly, both physical and emotional needs.

Quiz - Chapter 5:

1-T; 2-T; 3-F; 4-F; 5-F; 6-F; 7-F; 8-T; 9-F; 10-F; 11-a, d; 12-b, d; 13-c; 14-two months; 15-Records are required when child enters school; 16-18: give him Tylenol, cooling bath, give him liquids; 19-21: three of the following: Baby's temperature is 101° or higher. Baby gets a sudden rash. He vomits most of his meal. He has diarrhea for 12 hours or more. She appears to have a hernia. Other responses may also be correct; 22-26: five of the following: Is baby coughing? For how long? Has he lost his appetite? Does she have diarrhea? What is his temperature? Has she been exposed to any diseases? Has he had all the immunizations he should have had? 27-His skin and the whites of his eyes look yellowish; 28-something that looks like milk scum appears inside baby's mouth; 29-Change baby often and clean her thoroughly each time; 30-32: Hold baby on stomach across my knees; give him a warm bath; ask doctor about medication; 33-three.

Quiz - Chapters 6, 7, and 8:

1-T; 2-T; 3-F; 4-T; 5-T; 6-T; 7-T; 8-T; 9-F; 10-T; 11-b; 12-b, d; 13-should; 14-1/2; 15-His time. He can share in childcare responsibilities; 16-five; 17-It may be hard for baby's own mother to take charge later, and baby may think grandma is his mother; 18-parents start out taking most of the care of the baby; 19-Paragraph about "real" dad being the father who is actively parenting; 20-22: Essay on reasons to delay next pregnancy; 23-25: Essay on student's long-term goals.

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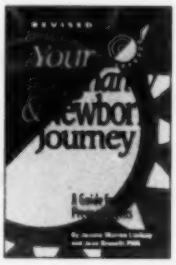

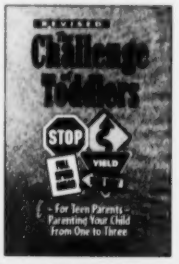

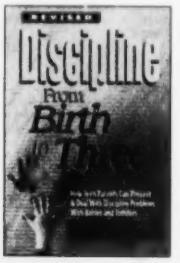

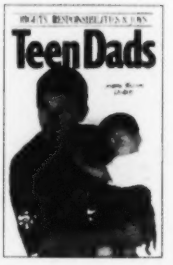

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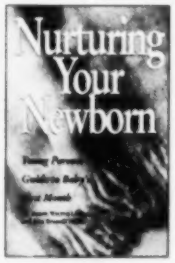

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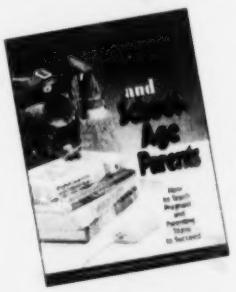
Pregnancy and Newborn Journey — Baby's First Year — Challenge of Toddlers

NOTE to Teachers: Most states do not "adopt" texts especially for school-age parents. If you're using less suitable (and generally more expensive) child development texts because they have been adopted in your state, please let us know. Perhaps we can help you deal with your state's buying requirements.

Texas, for example, allows "spot purchases" of less than $2,000 to be purchased non-competitively. Also, according to the Texas Government Code, section 2155.061, document Type 9, states that publications purchased directly from the publisher are exempt from the bidding process. The category code for this exemption is Type 2-K.



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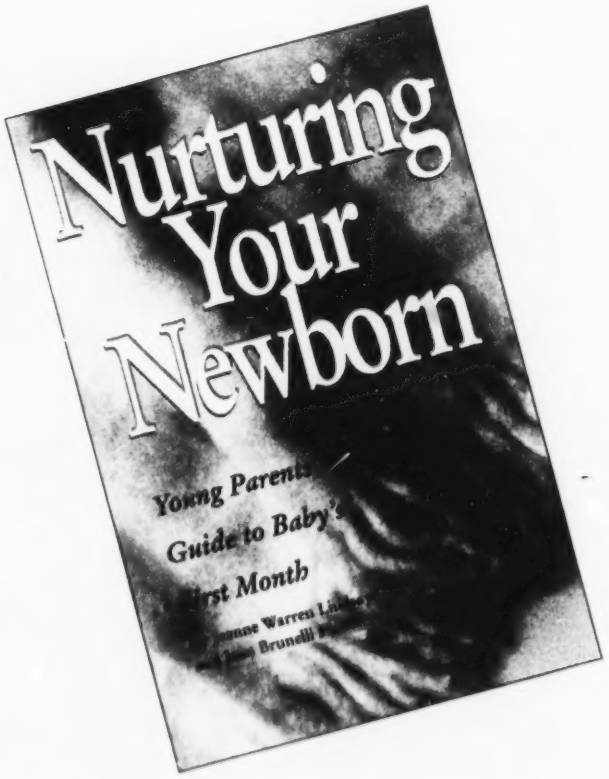

Nurturing Your Newborn:

Young Parents' Guide to Baby's First Month

By Jeanne Warren Lindsay
and Jean Brunelli, PHN

PS 027609

Morning Glory Press

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ISBN 1–885356–61–7

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ISBN 1-885356-61-7

MORNING GLORY PRESS
6595 San Haroldo Way Buena Park, CA 90620
714/828-1998 1-888/612-8254
Fax 714/828-2049
e-mail mgpress@aol.com
Web site: http://www.morningglorypress.com

Dear Friend,

Nurturing Your Newborn is written directly to you if you have a newborn baby. Whether you're with your partner or alone, this book is for you. Other teenage parents share their experiences, and you may find their comments the most helpful part of the book.

The following questions are designed to help you understand the material presented. Please answer in complete sentences. In your answers, use first person whenever it makes sense to do so — that is, write about *your* child. Rather than simply saying, "The baby will . . . " say, "My baby does . . . " or "I need to . . ."

You'll get the most help from ***Nurturing Your Newborn*** if you read the book and complete these assignments within the first three weeks after your baby's birth. Thinking about and answering these questions, completing the writing assignments, and carrying out the projects may help you develop an even better relationship with your infant. That's an important goal for both of you.

Jeanne Warren Lindsay Joan Brunelli

Parenting Your Newborn — Course Description

In schools across the country, teachers go to great lengths to develop infant care programs and preschool sessions in which high school students may develop caregiving skills. You will, however, learn a great deal about parenting and infant care as you care for your newborn at home.

You are likely to be out of school for three or four weeks after childbirth, and during this time you will probably spend many hours each day caring for and bonding with your child. For this you deserve to be earning elective credit just as you would if you were working in a daycare center at school.

To be academically defensible, however, this parenting credit must be backed up with some documentation. To earn the credit, you must complete the six requirements stated below.

1. Take major responsibility for the care of your child from birth to one month of age.
2. Record one day each week for two weeks the time you spend with your child and in performing other tasks involved in caring for your baby — formula preparation, laundry, etc. Include cuddling time!
3. Read ***Nurturing Your Newborn: Young Parents' Guide to Baby's First Month.*** Complete the writing assignments and projects for each chapter in the workbook, as directed by your teacher.

Note: If you read ***Your Pregnancy and Newborn Journey*** while you were pregnant, you may recognize some of the material in ***Nurturing Your Newborn.*** This time, as you read, think of *your* baby. How does the material apply to you and to your child? In fact, all workbook assignments should be completed with *your* baby in mind.

4. Keep a record of the money you spend for your baby. For one month, keep track of **everything** you or anyone else buys for the baby (not counting gifts). Keep an accurate record of the cost of formula you buy, the diapers, clothes, toys, furniture, etc. If possible, include cost of items already purchased when your baby was born.
5. Keep a journal in which you write at least once daily, five days per week, for at least three weeks. In your journal, please concentrate on writing about your baby and your relationship with him/her. See journal suggestions below.
6. Discuss your progress with your teacher.

Journal Assignment

Please keep a daily journal of life with your baby. Include a detailed description of your labor and delivery experience. You would be wise to write this while you're still in the hospital and the details are fresh in your mind.

Much more important than your labor and delivery story, however, will be your descriptions of life with your baby. Please concentrate a lot on **interacting** with your baby from the very beginning.

Of course you'll spend a lot of time changing, feeding, and bathing her — giving her the good physical care every baby needs. But the most important part of caring for your baby is getting to know her — bonding together as closely as possible. If you interact a lot with baby — hold her, talk to her, carry on conversations with baby whenever she's awake, you'll find the bonding happens the way it should.

What can a tiny baby do besides eat and sleep? Lots! He makes a variety of sounds. Soon you'll notice a conversational pattern in these sounds as he responds to your voice. He'll turn his head to hear you.

Soon she'll follow objects with her eyes, make swiping movements with her hands, and move her hands to her mouth and in front of her.

The development of your baby's smile is a wonderful thing — describe it in your journal!

Your baby will respond to the emotional tone of the person taking care of him — be alert to this happening. If you're extra tired and upset, baby will notice. And when you're happy and feeling good, baby is likely to follow your mood. Share these happenings in your journal.

To repeat, let your journal be an account of the growth of this very important bonding, the close relationship between you and your baby.

Describe your conversations with her, write about the time you spend holding her, and about the closeness you'll be feeling toward your child.

Remember, when this early bonding develops strongly through lots of interacting between you and your baby, you'll find you won't have a "spoiled" baby. Instead, your infant will develop into the happy, independent toddler you want him to be. Let your journal be an account of this development.

Independent Study Guide

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Nurturing Your Newborn: Young Parents' Guide to Baby's First Month

Foreword and Chapter One

Coming Home with Your Baby

As you read this chapter you'll understand why you're probably very tired, even a little depressed, after the birth of your baby. You'll learn about caring for yourself after delivery as well as suggestions for taking care of your baby.

Please read pages 5-17 and answer these questions:

1. After you read the first paragraph of the Foreword, rewrite it in your own words. Why does Teresa McFarland write, ". . . nothing is ever again as it was before"? How do you feel about the author's description of life with a newborn as "the most exciting, wonderful, exhausting and scary undertaking you have ever experienced"?

2. What was the "very best" Teresa McFarland could offer her baby?

3. Why are you likely to be very tired the first week after your baby is born? List three reasons.
   1. _____
   2. _____
   3. _____

4. Why should you *not* use tampons to care for the bleeding after delivery?

5. Why should you continue taking your prenatal vitamins after delivery?

6. Name at least three things you can do to increase the bonding between you and your child.
   1. _____ 2. _____ 3. _____

7. Do you feel bonded to your baby? If so, when did you first feel this way?

8. In what position should you lay your baby down to sleep?
   Why is it important to put baby to bed in this position?

9. Does it make sense to talk to a newborn baby? Why?

10. Why do many mothers get the "after-baby blues"? Describe three reasons.
    1. _____ 2. _____ 3. _____

11. List several things (at least five) you could do to help yourself get over the after-baby blues.
    1. _____ 2. _____ 3. _____
    4. _____ 5. _____

12. How can Dad bond with his baby?

13. Why is it important not to argue with your partner, yell, etc., where baby can hear?

14. Why should you make *sure* no one ever shakes your baby?

15. If you get frustrated with your baby, what can you do? List several things you think might make *you* feel better.

16. How can a sturdy sling carrier help you and your baby?

17. How can your baby ride safely in a car?

Writing Assignments:

1. Write a letter to your newborn. Tell your baby how you feel about your new role as a parent. Tell your baby how you reacted to your first sight of her/him. What did s/he look like? Describe your first day home from the hospital.
2. Write an essay describing the changes in your lifestyle that are happening because you have a baby. Be specific. What activities can you *not* do for awhile after your baby is born? Is your

family treating you any differently since you have a child of your own? What about your friends? If you're with your baby's father (or have another boyfriend), how is your baby affecting that relationship?

Project:

Keep track of the time you spend with your baby during a day in each of the first two weeks after he is born. Include time you feed, change, and bathe her, and also the time you're holding him, rocking him, cuddling him, gazing admiringly at her, etc. Write down what you do, for how long. **Example:** *6 a.m. Feed, change, rock baby, 50 min.*

Time	First Week, Date _____	Second Week, Date _____
6 a.m.		
7 a.m.		
8 a.m.		
9 a.m.		
10 a.m.		
11 a.m.		
12 a.m.		
1 p.m.		
2 p.m.		
3 p.m.		
4 p.m.		
5 p.m.		
6 p.m.		
7 p.m.		
8 p.m.		
9 p.m.		
10 p.m.		
11 p.m.		
12 p.m.		
1 a.m.		
2 a.m.		
3 a.m.		
4 a.m.		
5 a.m.		

Parent/Baby Assignment:

Rock your baby for at least 15 minutes. If you don't have a rocking chair, can you borrow one? In your journal, describe your experience.

Chapter Two
Feeding and Loving Your Newborn

As you read this chapter you'll learn more about breastfeeding (reasons to breastfeed, how to start, solving possible problems, etc.) and about bottle-feeding. You will also understand the dangers of propping a bottle in your baby's mouth.

Please read pages 18-35 and answer these questions:

1. Why do many young mothers choose to breastfeed their babies rather than resorting to bottles? Describe at least five reasons.

   1._____ 2._____ 3._____

   4._____ 5._____

2. What is colostrum? Describe what it contains.

3. Does the amount of milk a mother makes depend on the size of her breasts? If not, then what does cause her to produce more milk?

4. What can Dad do with baby if he can't feed her because Mom breastfeeds?

5. A breastfed baby is *(more, less)* likely to get sick than is a bottle-fed baby.

6. If you catch cold or get the flu, should you continue breastfeeding your baby? ____.

7. Why is it a good idea to breastfeed baby for a few days, even if you don't plan to continue breastfeeding?

8. To start breastfeeding, how should you hold your baby?

9. If your nipples get sore because of breastfeeding, what is probably the reason?

10. How can you help your baby latch on?

11. How often should you feed your baby?

12. Should you feed baby only after she cries? If not, how do you know to feed her?

13. What can you do about it if your nipples get sore? Name three things.
    1. _____
    2. _____
    3. _____

14. If you use an ice pack after baby nurses because your breasts are still sore, where should you put the ice pack? Why?

15. During his first month, should you give your breastfed baby a pacifier?_____ A bottle? _____. If not, why not?

16. If your newborn doesn't seem interested in latching on to nurse, what can Mom do?

17. If breastfeeding doesn't seem to work for you and your baby, what can you do, other than bottle-feeding?

18. Name a breastfeeding specialist in your area, together with her phone number.

19. List four things that should happen if your breastfed baby is getting enough milk.
    1. _____
    2. _____
    3. _____
    4. _____

20. If your baby suddenly doesn't seem to be getting enough milk, what can you do if you're breastfeeding?

21. Do breastfed babies need to be given water during the first four months? _____.

22. How much additional food does a breastfeeding mother need each day?

23. Is it important to drink liquids if you're breastfeeding? _____.

24. If you decide to switch from breastfeeding to bottles, should you stop breastfeeding suddenly? Why or why not?

25. Describe three rules for preparing formula for baby.
    1. _____
    2. _____
    3. _____

26. How often does *your* baby need to be burped? What position works best for burping her?

27. Why should you *never* prop a baby's bottle in his mouth? Give three reasons.
    1. _____
    2. _____
    3. _____

28. Do babies generally need vitamins the first couple of months? Why or why not?

29. Why should you ask your healthcare provider how much fluoride your baby needs?

30. What is WIC?

    What kind of help does WIC offer?

Writing Assignment:

Write a one-page essay on whichever topic fits your situation:
"Why I Am Breastfeeding My Baby" or "Why I Am Bottle-Feeding My Baby."

Project:

Compare the daily cost of ready-to-feed, concentrated, and powdered formula.

Ready-to-feed: _____
Concentrated: _____
Powdered: _____

Puzzle:

Complete the "Infant Feeding Wordfind," page 10.

Parent/Baby Assignment:

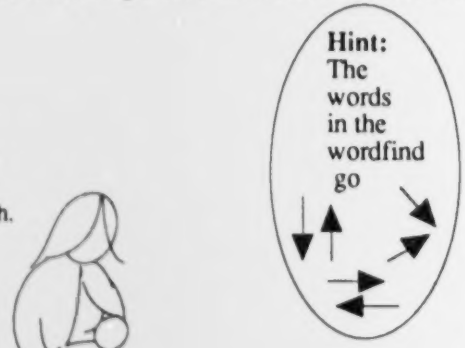
Talk to your baby as you feed him. In your journal, describe baby's reaction.

Take the quiz over chapters 1 and 2.

Infant Feeding Wordfind

Can you fill in the blanks below? Choose your answers from our **WORDS** list. When you finish, have fun finding those same words in our wordfind.

1. The easiest and cheapest way to feed your newborn is **breastfeeding**.
2. Breastfed babies tend to be sick less often than are _____ babies.
3. The first milk that the breast makes after the baby is born is _____.
4. Colostrum contains _____ to give your baby some protection against illness.
5. If you touch your baby's cheek with your finger or nipple, he will turn his head toward the touch. His lips get ready to suck. This is called the _____ reflex.
6. The rooting reflex is a reflex _____ that your baby is born with.
7. The brown area around the nipple of the breast is the _____.
8. Your breasts make more milk if you _____ baby often.
9. Breastfed babies are less likely to develop _____.
10. If you bottle-feed, make sure that the _____ in the bottle nipples aren't too big or too small.
11. Baby _____ can be expensive.
12. However you feed your baby, eating time can be a time of special _____. Relax and enjoy it.



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M	L	O	A	R	E	O	L	A	C							A
U	O	R	C	G	S	B	E	N	L	H						L
R	S	M	T	I	F	S	A	T	O	O	O					L
T	E	S	I	N	R	B	F	O	R	M	U	L	A	G	E	
S	N	A	O	U	O	C	A	C	T	A	R	F	E	E	R	
O	E	E	N	R	A	N	T	I	B	O	D	I	E	S	G	
L	S	R	O	O	C	O	L	O	R	O	O	A	L	L	I	
O	S	B	R	E	A	S	T	F	E	E	D	I	N	G	E	
C	L	O	S	E	B	O	T	T	L	E	F	E	D	E	S	

WORDS:

action	**closeness**
allergies	**colostrum**
antibodies	**formula**
areola	**holes**
bottle-fed	**nurse**
breastfeeding	**rooting**

Chapter Three
Observing Your Wonderful Newborn

As you read this chapter you'll learn about the appearance, characteristics, and needs of a newborn baby, and about caring for your infant.

Please read pages 36-45 and answer these questions:

1. Describe a typical newborn baby.

2. What is another name for the soft spot on top of baby's head? _____.

3. Describe cradle cap.

4. If your baby gets cradle cap, how should you treat it?

5. How should you care for your newborn baby's belly button?

6. What should you do if your baby's belly button sticks out?

7. What is an umbilical hernia?

8. If your baby lost a few ounces during her first two or three days after birth, is this a problem?

9. Check the statement if it may be true of a normal newborn baby:
   ___1. Loses a few ounces of weight within two or three days after delivery.
   ___2. Baby has swollen breasts for a few days.
   ___3. Girl baby has a little bleeding from her vagina.
   ___4. Boy's testicles seem very large.
   ___5. Both boys and girls have oversized genitals which appear red and swollen at birth.
   ___6. Boy baby may get an erect penis when you change him.
   ___7. Baby has a birthmark.
   ___8. African American or Hispanic baby has dark marks on or above the buttocks.

10. What is baby acne?

    What kind of treatment is recommended?

11. Is it important to talk and sing to a newborn baby? Why or why not?

12. How well can a newborn see?

13. What is a reflex action?

14. List at least three reflex actions typical of a newborn baby.
    1. _____
    2. _____
    3. _____

15. Describe the BM of a two-week-old baby.

16. Define and describe meconium.

Writing Assignment:

Describe your baby as s/he was at birth. Then discuss her/his care from that time until now. Does s/he cry much? How often does s/he eat? Are you breast- or bottle-feeding? Does s/he have colic? What is her/his sleeping pattern? Use separate paper.

Project:

Make a face for your baby's crib. Follow directions on page 43. Fasten it to baby's crib. (Take it down before baby starts to grab things.)

Parent/Baby Assignment:

Sing to your baby as you rock him/her. In your journal, write about how you felt as you rocked and sang to your baby.

Chapter Four
Baby's Goal — To Be Comfortable

As you read this chapter you'll learn about techniques for helping your baby feel comfortable, and of the impossibility of "spoiling" an infant by picking him up when he cries. You'll also read about bathing baby.

Please read pages 46-55 and answer these questions:

1. What is most important to your newborn baby?

2. Does it make sense to let baby "cry it out" rather than picking him up and comforting him when he's crying? Why or why not?

3. Describe a good way to pick up your infant.

4. What can you do to help your baby's brain develop as well as possible?

5. According to research, which baby is more likely to cry when he's a year old — the baby who was picked up often as an infant or the baby who was left to cry so he "wouldn't be spoiled"?

6. If your baby cries after being fed, what does she probably need?

7. List at least five reasons an infant may cry.
   1. _____ 2. _____ 3. _____
   4. _____ 5. _____

8. How should you bathe your baby until her umbilical cord has fallen off?

9. Describe your baby's first bath.

10. Why should you test baby's bath water with your elbow?

11. Should you use cotton-tipped sticks to clean baby's nose, ears, or navel? _____.

12. Are you using disposable diapers, cloth diapers you wash yourself, or a diaper service? Why did you make this choice?

13. What is swaddling?

Try swaddling your baby. How did s/he react?

Writing Assignments:

1. Pretend you are a helpless infant. Why do you cry? What do you want from your parents? How do you feel when no one answers your cries? Write a paragraph describing your feelings.
2. Write an essay in which you describe *your* feelings and how you react when your baby cries. Be creative in your writing and use lots of descriptive adjectives.

Project:

Collect ideas from at least five other parents for dealing with a crying baby. Make a list of their suggestions.

1. _____
2. _____
3. _____
4. _____
5. _____

Activity:

Complete the acrostic activity, "Infant Crying Patterns," page 15.

Parent/Baby Assignment:

Choose a time when your baby is tired and fussy. Try several methods of soothing her. Describe your efforts in your journal.

Take the quiz over chapters 3 and 4.

Infant Crying Patterns

Please complete the following sentences by filling in the missing words.
Hint: In each sentence, the missing word begins with the letter to the left of the sentence.

I Infants vary greatly in the amount and _____ of their crying.
N It is _____ for babies to cry less as they get older.
F Don't let crying continue for more than a _____ minutes without investigating.
A Babies will often stop crying _____ you pick them up.
N A pacifier may be helpful if a _____ cries after being fed.
T Some infants cry at a regular _____ each day or evening.

C Babies quickly develop a range of cries or _____ for help.
R Infants always have a _____ for crying.
Y Comforting babies when they cry will help them learn to trust _____.
I Crying is sometimes a sign of pain or _____.
N There may be times when _____ seems to help.
G Remember to be _____, talk soothingly, and try to stay calm.

P Most babies are very sensitive to the feelings of the _____ around them.
A Sometimes a caregiver may not be _____ to find a way to comfort the baby.
T Being held or rocked by a _____ person may cause the baby to cry more.
T Infants and caregivers need _____ to adjust to each other.
E Crying may be caused by a sudden change in the _____.
R Caregivers soon learn to _____ a baby's different cries.
N Attention to comfort will _____ spoil an infant.
S Soon babies learn to feel _____ — that someone will come and try to help them feel better.

Note: Perhaps your partner or someone in your family would like to help you complete this page. The activity could get a good discussion started between you on dealing with your baby's crying.

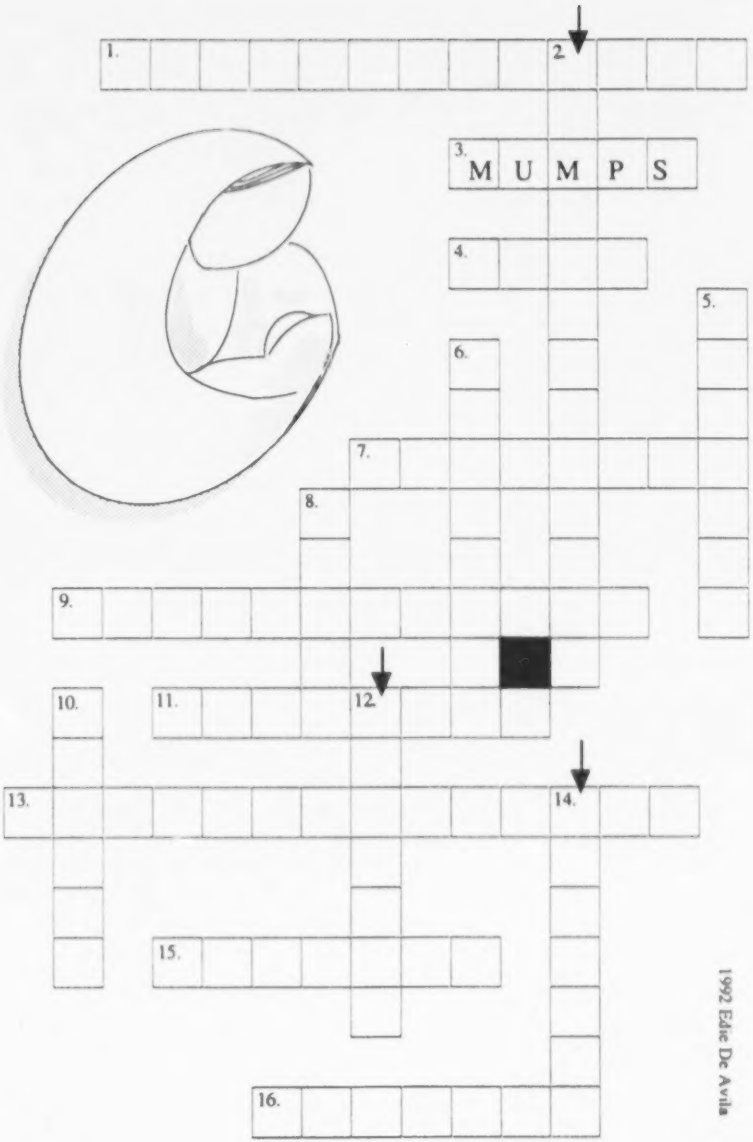
Illness And Prevention Crossword

Can you match our 16 **Words** to their **Definitions**? If you get stuck, fit each word into our grid here. Then, each word on the grid will have a number that matches its Definition number.

Words: **alcohol, diarrhea, ear infections, fever, hernia, immunizations, impetigo, junk, liquids, measles, mumps, polio vaccine, popsicle, propped bottles, rubella, tetanus**

Definitions

1. Doctors fight ____ _____ with prescription medicine.
2. These are necessary to your baby's health. Keep a record of them all. _____
3. These can cause permanent deafness in your baby. MUMPS
4. Your baby stays healthier by not eating _____ foods.
5. Don't use this to bring down a fever. Its fumes are dangerous for baby to breathe. _____
6. A _____ is a good way to give your sick baby liquids.
7. Try to keep your baby away from other children if she has this skin infection. _____
8. Don't ignore a _____. It's a first sign of illness.
9. _____ _____ is given in a series of oral immunizations. It helps to protect your baby against a disease that paralyzes and kills.
10. A _____ is a bulge around the navel or the seamline between the leg and the tummy. Occasionally it requires simple surgery.
11. Illness can give your baby this thin, watery, foul-smelling discharge. _____
12. If your baby gets German measles, which are also called _____, he could give it to a pregnant woman and harm her fetus.
13. _____ _____ can cause serious ear infections.
14. Plenty of _____ help to fight illness and fever.
15. Pneumonia and meningitis are common complications of _____.
16. The DTP series of shots helps protect your baby against diptheria, pertussus, and _____.



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Chapter Five
Guarding Your Infant's Health and Safety

As you read this chapter you'll learn about dealing with jaundice, thrush, colic, and other ailments an infant might have, and how to prevent and deal with diaper rash. You'll also learn about the immunizations your baby needs to protect him from disease, and about caring for your child when she is ill.

Please read pages 56-71 and answer these questions:

1. What term can be used to refer to a doctor, nurse practitioner, physician's assistant, or other health specialist?
2. List at least three things you might want to discuss at your baby's first visit with her healthcare provider.
   1. _____
   2. _____
   3. _____
3. Why is it a good idea to know the names of the people working in your healthcare provider's office?
4. What should you do if your doctor is always in too much of a hurry to answer your questions?
5. Why should you keep a healthcare notebook in which you write down information about your baby's health and illnesses?
6. Describe a baby who has jaundice.

   Is this a serious problem?

   Describe the treatment for jaundice.
7. What does thrush look like?

   How is it treated?

   Can thrush affect the diaper area, too?
8. Describe a baby who has colic.

9. What causes colic?

10. What may help the colicky baby? Describe three things.
    1. _____
    2. _____
    3. _____

11. How long does colic generally last?

12. How can you prevent diaper rash?

13. Why is it important not to shake baby powder directly on baby?

14. How should you clean a baby girl's genitals?

    How should you clean a baby boy's genitals?

15. At what age should your child start getting his HDTaP shots?

    When should your baby be given polio vaccine?

16. List four diseases covered by HDTaP immunizations.
    1. _____ 2. _____ 3. _____ 4. _____

17. List the other immunizations your child will need by two months.

18. Why should you keep a record of your baby's immunizations?

19. Where can you get free immunizations in your community? Call your health department to find out. Ask when and where you could take your baby to be immunized.

20. Describe the best way to take baby's temperature.

21. If your baby spits up after being fed, what might help prevent this?

22. List at least five reasons to call your baby's healthcare provider.
    1. _____
    2. _____
    3. _____
    4. _____
    5. _____

23. List six pieces of information you should have when you call your baby's doctor.
    1. _____
    2. _____
    3. _____
    4. _____
    5. _____
    6. _____

24. Why is it dangerous for baby to have diarrhea for very long?

    What's the best way to treat diarrhea?

25. What is a hernia?

    What will the doctor probably suggest if the hernia does not go away?

26. If your child has a fever, what can you do about it?

27. Someone may tell you to bathe your child in alcohol when she has a high fever. Why is this not a good idea?

28. What should you do if your baby's ears appear to hurt her? Why?

29. How do you react to Marlene's account of Evan's cold?

    Has your baby had a cold yet?

30. If your baby has a cold, what can you do to make him feel more comfortable when he has the following symptoms?

He has a fever: _____

She has a runny nose (two things you can do): 1. _____
2. _____

He appears congested: _____

She's coughing: _____

He doesn't want to eat: _____

31. List five rules to follow to keep your infant safe.

1. _____
2. _____
3. _____
4. _____
5. _____

Writing Assignments:

1. Has your baby been sick yet? If so, write a detailed report of her illness and how you handled it. If she hasn't been sick, interview another mother who has had this experience and write a report.

2. **Skit:** Write a skit about a teen parent's first visit with baby's healthcare provider. Have the parent get the names of the receptionist and nurse. Mother or father should have a list of questions to ask the provider. Doctor is in a hurry, and teen parent will need to say, "Wait, I have these questions and I need your help."

Project:

Keep a record of your baby's health as described on page 59. Record your baby's length and weight at birth and periodically thereafter. Write down your baby's blood type and the immunizations s/he is given. Keep track of your child's illnesses by writing down the dates and a brief description of the symptoms. Attach your record to this assignment, but ask your teacher to return it.

Puzzle:

Complete the puzzle, "Illness and Prevention Crossword," page 16.

Parent/Baby Assignment:

"Read" to your baby for a few minutes. (It's *not* too soon to show colorful pictures to baby.) In your journal, describe baby's reaction.

Take the quiz over chapter 5.

Chapter Six
Dad's a Parent, Too

As you read this chapter you'll learn about your baby's father's rights and responsibilities, whether or not you and he are married, living together, close but not living together, or not even together. You'll also learn the reasons that parents who are not married should establish legal paternity for the sake of their child.

Please read pages 72-77 and answer these questions:

1. What does "establish paternity" mean?

2. Why is it important that paternity be established if the parents are not married?

3. If a father doesn't live with his baby's mother, does he have a right to spend time with his child?

4. Why should a teenage father continue his education even if this means he can't financially support his family for awhile?

5. Even if the father has no money to help buy baby things, what can he do to help support his child?

6. Why is it important for Dad to share fully in the care of his baby, whether or not he lives with baby?

Writing Assignment:

How much do you think dad should share in the care of the baby? (This assignment can be completed by mother or father.) If you are with your partner, what does s/he think? Write a paragraph in which you discuss this issue.

Project:

For Mom: If you are with your baby's father, talk with him about his role as a father. Is he able to spend a lot of time with his child? How does he feel about caring for this tiny baby? Does he feel bonded to his child? Write a report of your discussion. **If you are the father,** please write an essay in which you discuss your feelings about these topics.

Parent/Baby Assignment:

Take your baby outside for a walk. Talk to her as you carry her. Report in your journal on what you showed her and how she reacted.

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Chapter Seven
Focus on Mom and Extended Family

As you read this chapter you'll learn about the importance of establishing paternity for your child. You will also be reminded of some of the advantages and disadvantages of three-generation living — baby, parent(s), and grandparent(s).

Please read pages 78-87 and answer these questions:

1. About _____ out of six teen mothers are not married when their babies are born.
2. What is a "real" father, according to the author?

3. Why do some unmarried mothers choose not to file for child support?

4. According to the authors, why should the baby's mother name the father and file for child support?

5. If the father refuses to admit paternity, what can the mother do?

6. How can paternity be proven?

7. How can a single mother handle personal questions she doesn't want to answer?

8. How many children in the United States grow up living with two parents?

9. What may occur if grandma takes most of the care of the baby?

10. How can a young parent avoid these problems?

11. When disagreements over the baby's care happen in your family, how will you handle them?

Writing Assignments:

1. Write an essay in which you discuss the advantages and the disadvantages of a teen mother's own mother taking care of the teenager's baby.

2. Write an essay in which you describe the good things and the not-so-good things about living with your parents or your partner's parents. Include suggestions for making such an arrangement work.

3. On separate paper, write a play in which a teenage mother of a one-month-old baby lives with her mother. She feels her mother is treating her like a child, and has taken charge of the baby. In your play, have the young mother describe her feelings to her mother, then have the two women discuss how, by working together, they can improve their situation.

Projects:

1. Interview your parent(s) or other person with whom you live. How does that person expect his/her life to change because of your baby's birth? What kind of support do you want from that person? What is s/he willing to do to help you? Write an account of your interview. Include your reaction to the other person's comments. Were you surprised at anything that was said?

2. If you have a sister or brother old enough to interview (probably at least 5 or older), repeat the above assignment with him/her/them.

3. Interview your grandmother about what your mother was like when you were a baby. Ask her how she felt when your mother was born. Did she breastfeed? Write an account of your interview.

Parent/Baby Assignment:

In a warm room, undress your baby and put him on a waterproof sheet for 15 minutes. Does he enjoy being naked? Does he kick a lot? Report on his activities in your journal.

Chapter Eight
Baby and Parents — Changing Rapidly

As you read this chapter you'll be encouraged to think about the kinds of information you need to have available for other caregivers of your child. You'll also read about family planning, and about contraceptives that don't interfere with breastfeeding.

Please read pages 88-92 and answer these questions:

1. What kind of information do you need to give a babysitter? List four.
   1. _____ 2. _____
   3. _____ 4. _____

2. Why should you leave a signed medical emergency card with your child's sitter when you leave, even if for only a short time?

3. Will breastfeeding keep you from getting pregnant?

4. How soon after delivery could you get pregnant?

5. Name two contraceptive methods that won't interfere with breastfeeding.

Writing Assignments:

1. How do you feel about leaving your baby with a sitter? About taking her/him with you wherever you go? Write a paragraph describing your feelings on these issues. How did you feel the first time you left your baby with someone else?
2. **Skit:** Write a skit in which a young couple talks about whether to delay their next pregnancy until their child is three years old. If they decide not to have another child now, how do they expect to carry out this plan? Not have sex? Or use birth control? If birth control, what kind?

Projects:

1. Make and sign a medical emergency card for your baby.
2. Find out about the childcare services available (if any) to school-age parents in your school. If your school district does not offer childcare services, find out about other daycare centers and family daycare in your area. Check on the costs of such services. What age babies/children do they accept? Is there a waiting list? If a young mother called today explaining that she needed childcare in order to complete her high school education, how long would she probably have to wait for such care? Report on your findings.

Parent/Baby Assignment:

Help your baby "exercise." Hold her feet gently and push her knees up to her stomach a few times. Does she appear to enjoy her workout? Comment on your experience in your journal.

Take the quiz over chapters 6, 7, and 8.